

# Baked Kefta

Cuisine: **Turkish**  
Food category: **Minced meat**



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Company: **Retigo**



## Program steps

Preheating: 200 °C

1

 Hot air

 100 %

 Termination by time

 00:25 hh:mm

 190 °C

 100 %



| Ingredients - number of portions - 7 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| ground meat mix                      | 800   | g    |
| onion                                | 1     | pcs  |
| fresh mint                           | 1     | pcs  |
| parsley                              | 1     | pcs  |
| chicken eggs                         | 1     | pcs  |
| 1 1/2 Teaspoons Cumin powder         | 1     | pcs  |
| salt                                 | 5     | g    |
| freshly ground black pepper, ground  | 5     | g    |
| ground smoked paprika                | 5     | g    |

| Nutrition and allergens                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Allergens: 3<br>Minerals: , 03 mg, 57 mg, Ca, Calcium, Calcium: 138 mg, Co, Cr, Cu, F, Fe, I, Iron, Iron: 1, K, Magnesium, Magnesium: 50 mg, Manganese, Mg, Mn, Na, P, Phosphorus, Phosphorus: 58 mg, Potassium, Potassium: 556 mg, Se, Sodium: 3 mg, Zinc, Zinc: 0, Zn<br>Vitamins: , 09 mg, 1 mg, 16 mg, 53 mg, A, B, B6, C, D, E, Folate, Folate: 152 mcg, K, Kyselina listová, Niacin: 0, Riboflavin: 0, Thiamin: 0, Vitamin A: 842 IU, Vitamin B6, Vitamin B6: 0, Vitamin C, Vitamin C: 133 mg, Vitamin E, Vitamin K: 1640 mcg |          |
| Nutritional value of one portion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Value    |
| Energy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 289.8 kJ |
| Carbohydrate                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 3 g      |
| Fat                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 20.7 g   |
| Protein                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 24.2 g   |
| Water                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 0 g      |

## Directions

- Chop the parsley and mint very finely.
- Grate the onion on a fine grater and squeeze it in a cloth to remove the excess liquid.
- In a large mixing bowl, place the ground meat, the squeezed onion, the chopped herbs, and all the spices. First mix with a spoon, then knead vigorously with your hands for 3 to 4 minutes. The mixture should become compact and homogeneous.
- Form sausages.
- Brush the kefta with olive oil and bake them.