



Breakfast Turkey Sausage Patties

 **Gluten Free**  **Dairy Free**

READY IN



37 min.

SERVINGS



8

CALORIES



115 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon pepper black
- 1 large eggs beaten
- 0.5 cup parsley fresh chopped
- 0.3 cup sage fresh finely chopped
- 1 large fuji apple
- 2 garlic cloves minced
- 1.3 pounds pd of ground turkey lean
- 2 teaspoons olive oil

0.5 teaspoon pepper dried red crushed

1.8 teaspoons salt

Equipment

bowl

frying pan

baking sheet

paper towels

sieve

aluminum foil

wax paper

grater

Directions

Peel and core apple; coarsely shred apple with a hand grater.

Place in a wire-mesh strainer; drain well, pressing gently with paper towels.

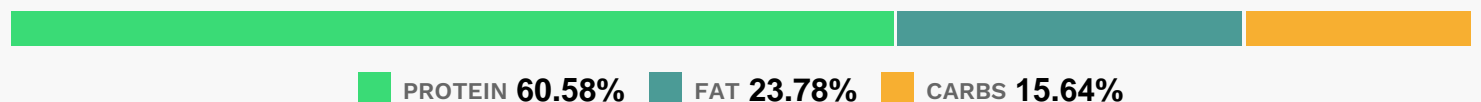
Combine apple, garlic, and next 7 ingredients in a bowl; stir until blended. Shape mixture into 16 patties (about 2 tablespoons each).

Place patties on a wax paper-lined baking sheet. Cover and chill 8 hours or overnight.

Heat oil in a large nonstick skillet over medium heat. Cook patties, in batches, about 6 minutes on each side or until browned and done.

Note: Make patties ahead by wrapping in wax paper and heavy-duty aluminum foil and freezing up to 2 weeks. Thaw frozen patties overnight in the refrigerator, and cook as directed.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:14.151739213778%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 115.37kcal (5.77%), Fat: 3.1g (4.77%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.97g (3.3%), Cholesterol: 62.23mg (20.74%), Sodium: 558.34mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Copper: 1.29mg (64.71%), Vitamin K: 63.08µg (60.08%), Vitamin B3: 6.98mg (34.9%), Vitamin B6: 0.65mg (32.25%), Selenium: 17.73µg (25.32%), Phosphorus: 180.37mg (18.04%), Zinc: 1.4mg (9.36%), Vitamin A: 420.23IU (8.4%), Potassium: 277.26mg (7.92%), Vitamin C: 6.5mg (7.88%), Vitamin B5: 0.76mg (7.59%), Vitamin B12: 0.42µg (6.95%), Vitamin B2: 0.12mg (6.86%), Magnesium: 25.86mg (6.47%), Iron: 1.02mg (5.68%), Manganese: 0.09mg (4.7%), Vitamin B1: 0.06mg (3.84%), Folate: 15.22µg (3.81%), Fiber: 0.91g (3.65%), Vitamin D: 0.41µg (2.72%), Vitamin E: 0.39mg (2.58%), Calcium: 17.78mg (1.78%)