



Chicken and Basil Sausage Patties

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon rubbed sage dried
- ☐ 3 tablespoons cooking wine dry white
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 pounds ground chicken
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1 teaspoon salt

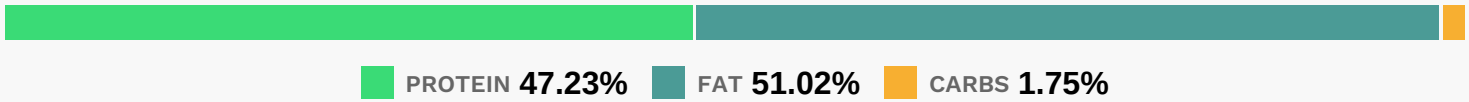
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine all ingredients in a large bowl. Divide the chicken mixture into 12 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add patties; cook 7 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:6.3052174753469%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.1kcal (6.1%), Fat: 6.78g (10.43%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.06g (0.07%), Cholesterol: 66.62mg (22.21%), Sodium: 277.48mg (12.06%), Alcohol: 0.39g (100%), Alcohol %: 0.59% (100%), Protein: 14.11g (28.23%), Vitamin B3: 4.24mg (21.2%), Vitamin B6: 0.4mg (19.94%), Phosphorus: 153.58mg (15.36%), Selenium: 8.35µg (11.93%), Potassium: 406.72mg (11.62%), Vitamin B2: 0.19mg (11.31%), Vitamin B5: 0.84mg (8.43%), Zinc: 1.2mg (8%), Vitamin B12: 0.45µg (7.53%), Vitamin B1: 0.09mg (5.7%), Magnesium: 18.5mg (4.62%), Iron: 0.75mg (4.19%), Calcium: 36.63mg (3.66%), Vitamin K: 3.03µg (2.88%), Copper: 0.06mg (2.82%), Manganese: 0.05mg (2.34%), Vitamin E: 0.22mg (1.45%)