



Chicken (Or Turkey) Sausage With Apple and Hazelnuts



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 0.5 cup apples grated ()
- ☐ 0.5 teaspoon celery salt
- ☐ 1 teaspoon fennel seed
- ☐ 2 teaspoons garlic powder
- ☐ 0.5 teaspoon ginger
- ☐ 0.3 cup golden raisin

- ☐ 1 lb ground chicken lean (not too)
- ☐ 0.3 cup hazelnuts whole shelled chopped (or , pistachios)
- ☐ 2 tablespoons maple syrup
- ☐ 2 teaspoons onion powder
- ☐ 0.3 teaspoon paprika hot
- ☐ 1 tablespoon parsley
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon sage
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons thyme leaves

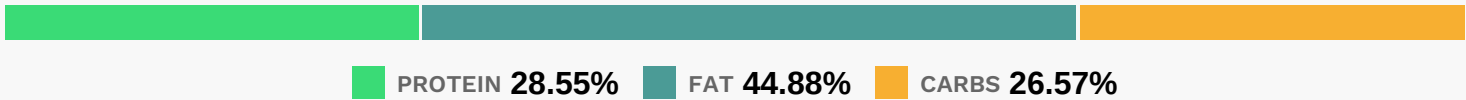
Equipment

- ☐ grill

Directions

- ☐ If you're using the golden raisins, reconstitute them by simmering them briefly in a little water, apple cider, or apple juice and letting them sit for a few minutes. Toast the hazelnuts if desired.2
- ☐ Mix all ingredients.3 Allow to chill in the refrigerator, covered, for one hour or overnight.4 Form into 2-inch patties (or size of your choice). I do this with a small ice cream or meatball scooper and then flatten them out on the grill.5 Fry in butter over medium heat until browned and cooked through.

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:2.86, Inflammation Score:-4, Nutrition Score:7.7665217492891%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 120.36kcal (6.02%), Fat: 6.2g (9.55%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 7.26g (2.64%), Sugar: 5.42g (6.02%), Cholesterol: 39.01mg (13%), Sodium: 261.82mg (11.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.76%), Copper: 0.73mg (36.59%), Manganese: 0.43mg (21.26%), Vitamin B6: 0.29mg (14.29%), Vitamin B3: 2.69mg (13.44%), Vitamin B2: 0.18mg (10.47%), Phosphorus: 102.97mg (10.3%), Potassium: 329.54mg (9.42%), Vitamin K: 7.98µg (7.6%), Selenium: 4.96µg (7.09%), Zinc: 0.87mg (5.78%), Vitamin B1: 0.09mg (5.72%), Vitamin B5: 0.55mg (5.54%), Magnesium: 21.55mg (5.39%), Vitamin E: 0.76mg (5.08%), Iron: 0.85mg (4.72%), Vitamin B12: 0.25µg (4.23%), Fiber: 1g (4.01%), Calcium: 22.47mg (2.25%), Vitamin C: 1.84mg (2.23%), Folate: 6.62µg (1.66%), Vitamin A: 77.84IU (1.56%)