



Chicken (Or Turkey) Sausage With Apple and Hazelnuts

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



109 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon allspice
- 0.5 cup apples grated ()
- 0.5 teaspoon celery salt
- 1 teaspoon fennel seeds
- 2 teaspoons garlic powder
- 0.5 teaspoon ginger
- 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

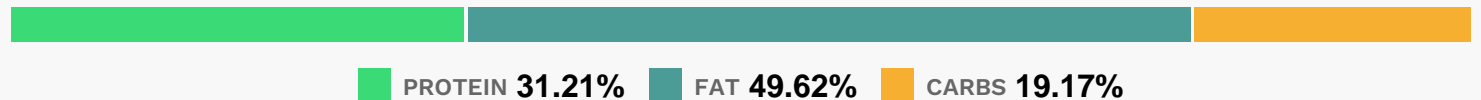
Equipment

- 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:24.25, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:7.5230434614679%

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 109.42kcal (5.47%), Fat: 6.19g (9.52%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.52g (1.64%), Sugar: 3.27g (3.64%), Cholesterol: 39.01mg (13%), Sodium: 261.38mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Copper: 0.72mg (35.93%), Manganese: 0.41mg (20.71%), Vitamin B6: 0.27mg (13.7%), Vitamin B3: 2.65mg (13.23%), Vitamin B2: 0.17mg (10.06%), Phosphorus: 98.8mg (9.88%), Potassium: 302.5mg (8.64%), Vitamin K: 7.85µg (7.48%), Selenium: 4.93µg (7.05%), Zinc: 0.86mg (5.7%), Vitamin B1: 0.09mg (5.7%), Vitamin B5: 0.55mg (5.49%), Magnesium: 20.28mg (5.07%), Vitamin E: 0.76mg (5.05%), Iron: 0.78mg (4.36%), Vitamin B12: 0.25µg (4.23%), Fiber: 0.86g (3.43%), Vitamin C: 1.72mg (2.08%), Calcium: 20.54mg (2.05%), Folate: 6.51µg (1.63%), Vitamin A: 77.84IU (1.56%)