



Chicken Sausage With Fennel

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 skinned and boned chicken breast halves
- ☐ 0.3 cup dijon mustard
- ☐ 3 tablespoons breadcrumbs dry fine
- ☐ 1 tablespoon fennel seeds
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 Leaf lettuce
- ☐ 1 small onion minced

- ☐ 1 teaspoon onion powder
- ☐ 1 slices plum tomatoes
- ☐ 1 slices purple onion
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt
- ☐ 4 hoagie rolls split

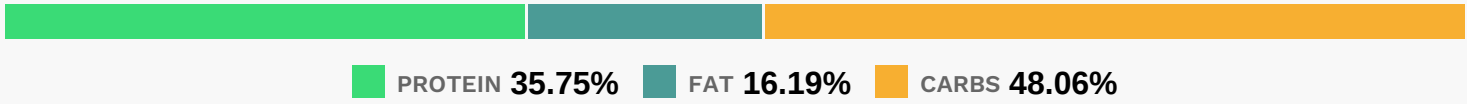
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ grill

Directions

- ☐ Pulse chicken in a food processor 6 times or until ground.
- ☐ Add onion and next 7 ingredients; process 2 minutes. Shape into 8 patties.
- ☐ Cook patties in a lightly greased nonstick skillet 5 minutes on each side or until done.
- ☐ Spread cut sides of rolls evenly with mustard.
- ☐ Place onion and tomato on bottom halves; top each with 2 sausage patties and lettuce. Cover with top halves.
- ☐ Note: To grill sausage, heat a grill rack coated with cooking spray over medium-high heat (300 to 350). Grill patties, covered with grill lid, 5 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:23.51, Inflammation Score:-4, Nutrition Score:17.503043350966%

Flavonoids

Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 360.63kcal (18.03%), Fat: 6.39g (9.83%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 42.68g (14.23%),
Net Carbohydrates: 39.37g (14.32%), Sugar: 6.06g (6.73%), Cholesterol: 72.32mg (24.11%), Sodium: 1238.37mg
(53.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.75g (63.51%), Iron: 12.12mg (67.35%), Vitamin B3:
12.53mg (62.64%), Selenium: 43.75µg (62.5%), Vitamin B6: 0.92mg (46.05%), Phosphorus: 286.07mg (28.61%),
Vitamin B5: 1.74mg (17.38%), Potassium: 534.93mg (15.28%), Manganese: 0.3mg (15.09%), Fiber: 3.31g (13.24%),
Vitamin B1: 0.2mg (13.17%), Magnesium: 49.88mg (12.47%), Vitamin B2: 0.17mg (9.93%), Zinc: 1.02mg (6.77%),
Calcium: 62.65mg (6.27%), Copper: 0.1mg (4.86%), Folate: 19.08µg (4.77%), Vitamin C: 3.51mg (4.25%), Vitamin B12:
0.25µg (4.2%), Vitamin A: 133.77IU (2.68%), Vitamin E: 0.39mg (2.57%), Vitamin K: 1.83µg (1.74%)