



Cilantro-Pear Turkey Breakfast Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon canola oil divided
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon rubbed sage dried
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound ground turkey breast
- ☐ 0.8 cup pears diced unpeeled

- ☐ 0.8 cup bell pepper red finely chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 teaspoon salt

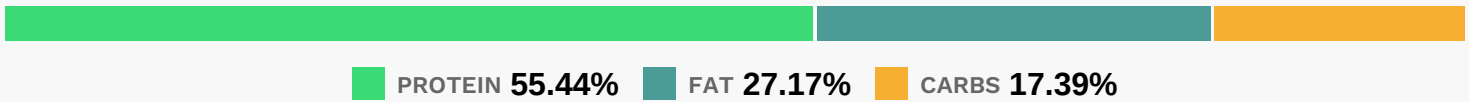
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 10 ingredients in a medium bowl. Shape into 8 (1/2-inch-thick) patties.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat.
- ☐ Add 4 patties; cook 4 minutes. Turn patties over, and cook 3 minutes or until done.
- ☐ Remove patties from pan; drain on paper towels. Repeat procedure with remaining oil and remaining patties.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:16.33695650619%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 193.03kcal (9.65%), Fat: 5.98g (9.2%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 6.54g (2.38%), Sugar: 5g (5.55%), Cholesterol: 62.37mg (20.79%), Sodium: 355.91mg (15.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.9%), Vitamin B3: 11.41mg (57.07%), Vitamin B6: 1.09mg (54.74%), Vitamin C: 38.94mg (47.19%), Selenium: 25.3µg (36.14%), Phosphorus: 276.88mg (27.69%), Vitamin A: 1058.62IU (21.17%), Zinc: 2.16mg (14.41%), Potassium: 475.18mg (13.58%), Vitamin B5: 1.13mg (11.34%), Magnesium: 42.35mg (10.59%), Vitamin B12: 0.58µg (9.64%), Vitamin B2: 0.16mg (9.48%), Vitamin E: 1.3mg (8.69%), Vitamin K: 9.08µg (8.65%), Fiber: 2.07g (8.27%), Iron: 1.34mg (7.46%), Folate: 28.71µg (7.18%), Vitamin B1: 0.1mg (6.77%), Copper: 0.11mg (5.59%), Manganese: 0.1mg (5.21%), Vitamin D: 0.45µg (3.02%), Calcium: 18.74mg (1.87%)