



Dressing Patties

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce biscuit dough refrigerated canned
- 1 cup celery chopped
- 0.1 teaspoon celery salt
- 1 pan cornbread ()
- 18 servings ground pepper black to taste
- 1 cup mushrooms chopped
- 0.8 cup onion chopped
- 0.1 teaspoon poultry seasoning

2 cups turkey broth

Equipment

baking sheet

oven

mixing bowl

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one baking sheet.

Saute vegetables in butter until soft.

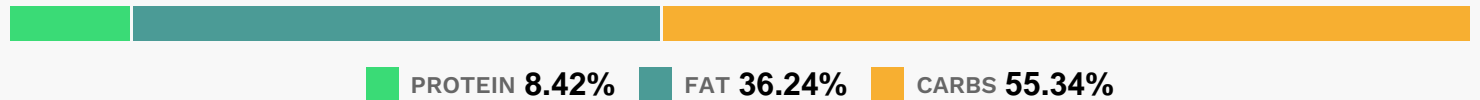
Break up cornbread and the biscuits into a very large mixing bowl.

Mix in the sauteed vegetables and seasonings to taste.

Add lots of turkey broth until very moist and will hold it's shape when formed. Shape into patties and place on the prepared baking sheet.

Bake at 350 degrees F (175 degrees C) until lightly browned.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:6.01, Inflammation Score:-1, Nutrition Score:3.1360869851449%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 86.47kcal (4.32%), Fat: 3.53g (5.43%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 11.53g (4.19%), Sugar: 1.77g (1.96%), Cholesterol: 2.61mg (0.87%), Sodium: 316.07mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Phosphorus: 103.39mg (10.34%), Vitamin B1: 0.1mg (6.75%), Selenium: 4.51µg (6.44%), Manganese: 0.12mg (6.21%), Vitamin B2: 0.1mg (6.06%), Vitamin B3: 0.98mg (4.89%), Folate: 19.29µg (4.82%), Iron: 0.77mg (4.28%), Vitamin K: 2.84µg (2.71%), Potassium: 94.18mg

(2.69%), Fiber: 0.61g (2.42%), Copper: 0.05mg (2.25%), Vitamin E: 0.3mg (1.97%), Calcium: 19.33mg (1.93%),
Vitamin B5: 0.18mg (1.82%), Magnesium: 6.01mg (1.5%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.18mg (1.2%)