



Grampa's Coriander Turkey Sausage

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



490 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons brown sugar
- 0.3 teaspoon ground pepper
- 1.5 teaspoons ground coriander
- 0.8 teaspoon pepper black
- 1 pound pd of ground turkey
- 2 tablespoons olive oil
- 1.5 teaspoons salt

Equipment

- bowl
- frying pan

Directions

- In a bowl, thoroughly mix together the turkey, coriander, salt, brown sugar, black pepper, and cayenne pepper. Cover the bowl, and refrigerate the sausage overnight.
- The next day, heat olive oil in a skillet over medium heat. Form the sausage into thin patties, and fry until browned and no longer pink inside, 2 to 5 minutes per side.

Nutrition Facts

PROTEIN 53.57% **FAT 42.06%** **CARBS 4.37%**

Properties

Glycemic Index:16, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:11.621739219064%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 198.16kcal (9.91%), Fat: 9.38g (14.43%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.75g (0.64%), Sugar: 1.47g (1.63%), Cholesterol: 62.37mg (20.79%), Sodium: 930.82mg (40.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.88g (53.75%), Vitamin B3: 11.04mg (55.21%), Vitamin B6: 0.98mg (48.83%), Selenium: 25.31µg (36.15%), Phosphorus: 261.5mg (26.15%), Zinc: 2.04mg (13.61%), Potassium: 353.77mg (10.11%), Vitamin B5: 1.01mg (10.05%), Vitamin B12: 0.58µg (9.64%), Magnesium: 36.35mg (9.09%), Vitamin E: 1.13mg (7.52%), Vitamin B2: 0.12mg (7.24%), Iron: 1.1mg (6.11%), Vitamin B1: 0.07mg (4.86%), Vitamin K: 4.93µg (4.69%), Copper: 0.08mg (4%), Manganese: 0.07mg (3.73%), Vitamin D: 0.45µg (3.02%), Folate: 9.28µg (2.32%), Fiber: 0.44g (1.77%), Vitamin A: 82.41IU (1.65%), Calcium: 12.42mg (1.24%)