



Ground Turkey or Chicken Patties

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup butter crushed flavored finely (12 crackers,like Ritz)
- 0.5 teaspoon thyme dried
- 0.8 teaspoon garlic powder
- 1 lb ground chicken
- 1 tablespoon olive oil
- 1 tablespoon onion flakes minced
- 1 teaspoon poultry seasoning

Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- In a large bowl, mix ground turkey or chicken, crushed crackers, onion flakes, poultry seasoning, garlic salt or garlic powder, thyme, and black pepper.² Shape into six patties each about 1/2 inch thick and 3 inches in diameter or other size as desired. Adjust cooking time if changing size or thickness of patties.³
- Heat oil in a large nonstick skillet over medium-high heat.⁴
- Add patties and cook on all sides for a total of 10 minutes or until nicely browned and internal temperature reaches 160 degrees Fahrenheit on an instant-read thermometer. Or, cut into one cooked patty to make sure it is no longer pink inside.

Nutrition Facts

PROTEIN 19.75% **FAT 78.3%** **CARBS 1.95%**

Properties

Glycemic Index:14.5, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:7.1686956649241%

Nutrients (% of daily need)

Calories: 269.98kcal (13.5%), Fat: 23.84g (36.68%), Saturated Fat: 11.8g (73.75%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.34g (0.38%), Cholesterol: 105.69mg (35.23%), Sodium: 167.59mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.06%), Vitamin B3: 4.25mg (21.24%), Vitamin B6: 0.41mg (20.61%), Phosphorus: 144.05mg (14.41%), Potassium: 421.24mg (12.04%), Selenium: 8.06µg (11.52%), Vitamin B2: 0.19mg (11.24%), Vitamin A: 485.27IU (9.71%), Vitamin B5: 0.86mg (8.62%), Zinc: 1.17mg (7.81%), Vitamin B12: 0.46µg (7.59%), Vitamin K: 7.62µg (7.25%), Vitamin E: 0.99mg (6.63%), Vitamin B1: 0.09mg (6.04%), Iron: 0.9mg (5%), Magnesium: 18.38mg (4.6%), Manganese: 0.07mg (3.37%), Copper: 0.06mg (2.96%), Calcium: 16.8mg (1.68%)