



Herbed Turkey Sausage Patties

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon flat-leaf parsley fresh finely chopped
- 1 teaspoon sage fresh finely chopped
- 0.3 pound mushroom caps fresh finely chopped
- 2 garlic cloves minced
- 2 ounces cured ham such as prosciutto, trimmed of visible fat and finely chopped
- 1 tablespoon milk 1% low-fat ()
- 1 small onion finely chopped

- 1 large potatoes red
- 1 teaspoon salt
- 1 pound turkey breast skinless cut into 1-inch cubes
- 2 teaspoons vegetable oil
- 0.5 teaspoon pinch of dried fresh finely chopped

Equipment

- food processor
- bowl
- frying pan
- steamer basket

Directions

- In a steamer basket set over simmering water, steam the potato until tender when pierced with a fork, about 18 minutes.
- Let cool slightly, then peel the potato and coarsely grate it.
- Heat 1 teaspoon of the vegetable oil in a large nonstick skillet.
- Add the mushrooms and cook over high heat, stirring occasionally, until beginning to brown, about 4 minutes.
- Add the onion and garlic and cook, stirring, until translucent, about 3 minutes.
- Transfer to a bowl and let cool.
- If using cubed turkey breast, pulse in a food processor until coarsely ground or mince by hand.
- Add the ground turkey to the mushroom mixture with the potato, ham, milk, parsley, sage, thyme, salt, and pepper and mix well. Shape the mixture into eight 3-inch patties.
- Heat the remaining 1 teaspoon vegetable oil in the large nonstick skillet.
- Add the patties and cook over moderately high heat, turning once, until well browned and cooked through, about 3 minutes per side.
- Transfer to plates and serve.
- Make Ahead: The patties can be refrigerated, covered, for up to 2 days.

Notes: ONE SERVING: Calories 229 kcal, Protein 34 gm, Carbohydrate 11 gm, Cholesterol 82 mg, Total Fat 3 gm, Saturated Fat 1 gm

Nutrition Facts



PROTEIN 42.24% FAT 31.67% CARBS 26.09%

Properties

Glycemic Index:49.5, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:22.48999984368%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 292.72kcal (14.64%), Fat: 10.46g (16.09%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 16.65g (6.05%), Sugar: 2.82g (3.13%), Cholesterol: 71.91mg (23.97%), Sodium: 755.25mg (32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.78%), Copper: 1.77mg (88.38%), Vitamin B3: 13.79mg (68.96%), Vitamin B6: 1.29mg (64.67%), Selenium: 30.38µg (43.39%), Phosphorus: 378.31mg (37.83%), Potassium: 917.01mg (26.2%), Vitamin K: 23.52µg (22.4%), Zinc: 2.85mg (19%), Vitamin B5: 1.81mg (18.1%), Magnesium: 65.11mg (16.28%), Manganese: 0.32mg (16.23%), Vitamin C: 11.43mg (13.85%), Vitamin B2: 0.24mg (13.84%), Vitamin B1: 0.2mg (13.61%), Vitamin B12: 0.67µg (11.2%), Fiber: 2.74g (10.97%), Iron: 1.96mg (10.9%), Folate: 34.46µg (8.62%), Vitamin D: 0.66µg (4.43%), Calcium: 31.95mg (3.2%), Vitamin A: 144.69IU (2.89%), Vitamin E: 0.35mg (2.32%)