



Homemade Italian Turkey Sausage

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons fennel seeds crushed
- 2 teaspoons garlic powder
- 1 pound pd of ground turkey lean
- 1 teaspoon oregano dried
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 1.5 teaspoons sugar

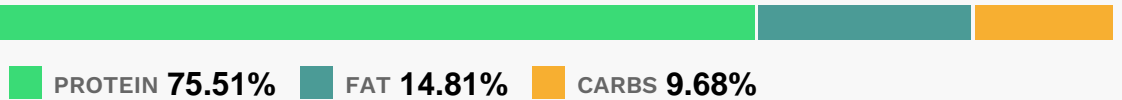
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- In a bowl, combine the turkey, garlic powder, fennel seed, sugar, salt, oregano and pepper. Cover and refrigerate for at least 8 hours or overnight. Shape into eight patties. Cook in a nonstick skillet coated with cooking spray for about 3 minutes on each side or until a meat thermometer reads 165°. Or crumble turkey into a nonstick skillet coated with cooking spray. Cook and stir for about 4 minutes or until meat is no longer pink.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:5.8834782728682%

Nutrients (% of daily need)

Calories: 71.14kcal (3.56%), Fat: 1.18g (1.82%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.39g (0.5%), Sugar: 0.78g (0.86%), Cholesterol: 31.18mg (10.39%), Sodium: 320.48mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.17%), Vitamin B3: 5.55mg (27.73%), Vitamin B6: 0.5mg (25.15%), Selenium: 12.73µg (18.19%), Phosphorus: 134.21mg (13.42%), Zinc: 1.04mg (6.95%), Potassium: 187.45mg (5.36%), Vitamin B5: 0.51mg (5.09%), Magnesium: 19.36mg (4.84%), Vitamin B12: 0.29µg (4.82%), Vitamin B2: 0.06mg (3.74%), Iron: 0.66mg (3.64%), Manganese: 0.06mg (3.22%), Vitamin B1: 0.04mg (2.7%), Copper: 0.04mg (2.22%), Vitamin K: 1.76µg (1.68%), Vitamin D: 0.23µg (1.51%), Fiber: 0.35g (1.42%), Folate: 5.5µg (1.38%), Calcium: 11.51mg (1.15%)