



## Homemade Sausage

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

READY IN



20 min.

SERVINGS



4

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon sage dried crumbled
- 1 pinch ground ginger
- 0.3 teaspoon ground nutmeg
- 0.5 teaspoon ground pepper black
- 1 pound pd of ground turkey
- 0.1 teaspoon pepper flakes red
- 1 teaspoon salt

## Equipment

- bowl
- frying pan

## Directions

- Stir salt, sage, black pepper, nutmeg, red pepper flakes, and ginger in a small bowl.
- Place turkey into a separate bowl and thoroughly mix in the spices. Form sausage into patties.
- Fry the sausage patties in a skillet over medium heat until browned and the meat is no longer pink inside, 3 to 5 minutes per side.

## Nutrition Facts

**PROTEIN 83.14%** **FAT 15.92%** **CARBS 0.94%**

## Properties

Glycemic Index:25.5, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:10.853478398822%

## Nutrients (% of daily need)

Calories: 128.71kcal (6.44%), Fat: 2.28g (3.51%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.18g (0.06%), Sugar: 0.04g (0.05%), Cholesterol: 62.37mg (20.79%), Sodium: 640.31mg (27.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.78g (53.55%), Vitamin B3: 11.03mg (55.13%), Vitamin B6: 0.98mg (48.75%), Selenium: 25.12µg (35.88%), Phosphorus: 258.37mg (25.84%), Zinc: 2.01mg (13.39%), Vitamin B5: 1mg (10.02%), Potassium: 340.55mg (9.73%), Vitamin B12: 0.58µg (9.64%), Magnesium: 33.86mg (8.47%), Vitamin B2: 0.12mg (7.08%), Iron: 0.93mg (5.19%), Vitamin B1: 0.07mg (4.76%), Copper: 0.07mg (3.59%), Manganese: 0.06mg (3.12%), Vitamin D: 0.45µg (3.02%), Folate: 9.3µg (2.33%)