



Mom's Turkey Sausage Patties



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon sage dried
- ☐ 0.8 teaspoon ground ginger
- ☐ 1.5 teaspoons ground pepper black
- ☐ 2 pounds pd of ground turkey
- ☐ 1.5 teaspoons salt

Equipment

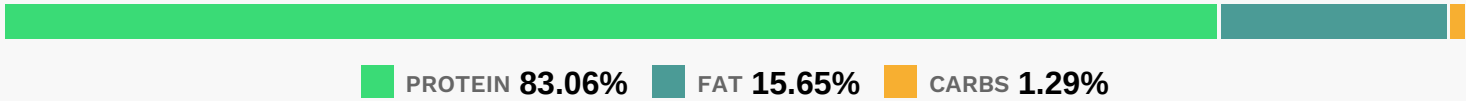
- ☐ bowl

☐ frying pan

Directions

- ☐ In a large bowl, mix together the ground turkey, ginger, salt, sage, cayenne pepper, and black pepper until well blended.
- ☐ Heat a skillet over medium-high heat, and coat with nonstick cooking spray. Form the turkey sausage into patties, and fry until browned on both sides, and no longer pink in the center. This should take about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:11.010434775087%

Nutrients (% of daily need)

Calories: 128.81kcal (6.44%), Fat: 2.24g (3.45%), Saturated Fat: 0.57g (3.53%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.02g (0.02%), Cholesterol: 62.37mg (20.79%), Sodium: 494.01mg (21.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.59%), Vitamin B3: 11.04mg (55.19%), Vitamin B6: 0.98mg (48.8%), Selenium: 25.19µg (35.99%), Phosphorus: 258.52mg (25.85%), Zinc: 2.01mg (13.4%), Vitamin B5: 1mg (10.04%), Potassium: 343.47mg (9.81%), Vitamin B12: 0.58µg (9.64%), Magnesium: 34.09mg (8.52%), Vitamin B2: 0.12mg (7.1%), Manganese: 0.12mg (5.99%), Iron: 0.96mg (5.33%), Vitamin B1: 0.07mg (4.74%), Copper: 0.07mg (3.62%), Vitamin D: 0.45µg (3.02%), Folate: 9.26µg (2.32%), Vitamin A: 57.2IU (1.14%)