



Philly Scrapple

 Gluten Free  Dairy Free

READY IN



579 min.

SERVINGS



5

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon canola oil
- 0.3 cup cornmeal
- 1 teaspoon dried savory dried
- 2 large eggs lightly beaten
- 1 tablespoon fresh sage fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 1 teaspoon garlic powder

- 1 cup apples i use 2 granny smith apples grated peeled
- 0.8 pound ground pork
- 0.8 pound pd of ground turkey
- 0.5 teaspoon kosher salt
- 1 cup onion finely chopped

Equipment

- bowl
- frying pan
- oven
- loaf pan
- kitchen thermometer

Directions

- Preheat oven to 37
- Combine pork, turkey, and next 10 ingredients (through eggs) in a bowl; gently mix just until combined.
- Transfer mixture to a 9 x 5-inch loaf pan coated with cooking spray.
- Bake at 375 for 55 minutes or until a thermometer registers 16
- Cool to room temperature; cover and refrigerate overnight.
- Remove from pan.
- Cut scrapple into 10 slices.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add scrapple slices to pan; saut 1 to 2 minutes on each side or until browned.
- Place 2 scrapple slices on each of 5 plates. Top each serving with ketchup and horseradish, if desired.
- Serve warm.

Nutrition Facts

PROTEIN 35.81% FAT 48.83% CARBS 15.36%

Properties

Glycemic Index:41.9, Glycemic Load:5.14, Inflammation Score:0, Nutrition Score:21.806521856267%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 352.85kcal (17.64%), Fat: 19.08g (29.36%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 11.22g (4.08%), Sugar: 4.17g (4.63%), Cholesterol: 160.81mg (53.6%), Sodium: 336.19mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.49g (62.98%), Copper: 3.77mg (188.72%), Selenium: 38.71µg (55.29%), Vitamin B6: 0.99mg (49.45%), Vitamin B3: 9.86mg (49.31%), Vitamin B1: 0.6mg (39.88%), Phosphorus: 347.79mg (34.78%), Zinc: 3.33mg (22.22%), Vitamin B2: 0.35mg (20.86%), Vitamin B12: 1µg (16.69%), Potassium: 546.37mg (15.61%), Vitamin B5: 1.47mg (14.75%), Manganese: 0.29mg (14.71%), Magnesium: 53.18mg (13.3%), Iron: 2.25mg (12.49%), Fiber: 2.29g (9.15%), Vitamin C: 6.25mg (7.58%), Folate: 28.72µg (7.18%), Calcium: 47.57mg (4.76%), Vitamin D: 0.67µg (4.48%), Vitamin A: 212.55IU (4.25%), Vitamin E: 0.48mg (3.23%), Vitamin K: 1.65µg (1.58%)