



Sage-Apple Turkey Breakfast Sausage

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon butter
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 apples i use 2 granny smith apples diced peeled
- ☐ 1.3 pounds pd of ground turkey

- ☐ 0.3 cup onion minced
- ☐ 1 teaspoon salt

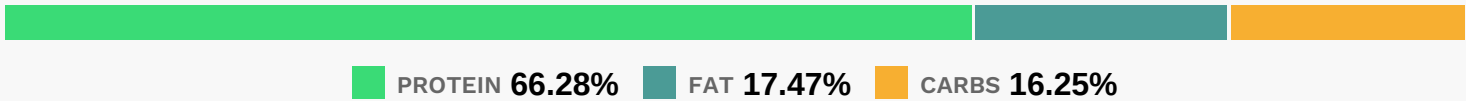
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add onion and next 5 ingredients; saut 6 minutes or until onion is tender.
- ☐ Remove from heat.
- ☐ Combine onion mixture, turkey, salt, and pepper in a medium bowl. Divide mixture into 12 equal portions; shape each portion into a 1/2-inch-thick patty.
- ☐ .Wipe out pan with paper towel.
- ☐ Heat pan over medium heat.
- ☐ Add half of patties; cook 4 minutes on each side or until lightly browned and done.
- ☐ Remove from pan, and keep warm. Repeat procedure with remaining patties.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:8.3652172619882%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 67.04kcal (3.35%), Fat: 1.32g (2.03%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.24g (0.81%), Sugar: 1.77g (1.97%), Cholesterol: 26.88mg (8.96%), Sodium: 221mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.57%), Copper: 1.55mg (77.59%), Vitamin B3: 4.61mg (23.06%), Vitamin B6: 0.42mg (21.03%), Selenium: 10.51µg (15.01%), Phosphorus: 111.22mg (11.12%), Zinc: 0.86mg (5.76%), Potassium: 167.54mg (4.79%), Vitamin B5: 0.43mg (4.34%), Magnesium: 16.31mg (4.08%), Vitamin B12: 0.24µg (4.03%), Manganese: 0.08mg (3.9%), Vitamin B2: 0.06mg (3.36%), Iron: 0.5mg (2.79%), Vitamin B1: 0.04mg (2.41%), Fiber: 0.53g (2.11%), Vitamin C: 1.51mg (1.83%), Folate: 5.23µg (1.31%), Vitamin D: 0.19µg (1.26%)