



## Thai Turkey Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

## Ingredients

- ☐ 2 tablespoons fish sauce (nuoc mam or nam pla)
- ☐ 2 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 0.3 pound green beans minced
- ☐ 8 spring onion minced ends trimmed
- ☐ 1 pound pd of ground turkey
- ☐ 1 stalk lemon grass fresh minced (5 to 8 in.)

- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons serrano chiles fresh finely minced stemmed seeded (2 or 3)
- ☐ 0.3 teaspoon sugar

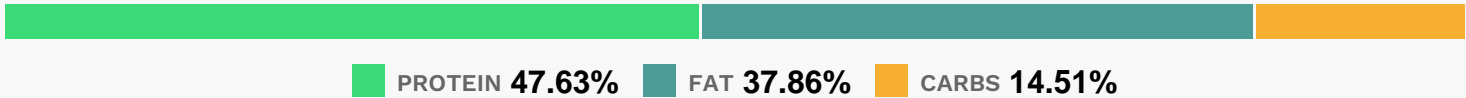
## Equipment

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Mix turkey well with beans, onions, lemon grass, cilantro, chilies (lesser amount for mildest flavor), fish sauce, egg, cornstarch, and sugar. Divide into 16 equal portions and shape into 16 patties, each 1/2 inch thick.
- ☐ Pour oil into a 10- to 12-inch nonstick frying pan over medium-high heat. When hot, add a few patties, without crowding. Cook until brown on each side and no longer pink in center (cut to test), about 7 minutes total.
- ☐ Remove as cooked and drain on paper towels; add more patties to pan.
- ☐ When patties are cool, freeze in a single layer in a metal pan until hard, then seal airtight in plastic freezer bags. Transport in an insulated chest.
- ☐ Place frozen patties in a 9- to 10-inch nonstick frying pan over low heat, cover, and cook until warm, 3 to 5 minutes; turn at least once.

## Nutrition Facts



## Properties

Glycemic Index:22.51, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:9.540869453679%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

## Nutrients (% of daily need)

Calories: 123.34kcal (6.17%), Fat: 5.27g (8.1%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.81g (1.38%), Sugar: 1.07g (1.19%), Cholesterol: 54.43mg (18.14%), Sodium: 394.29mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.82%), Vitamin K: 33.58µg (31.99%), Vitamin B3: 5.81mg (29.05%), Vitamin B6: 0.55mg (27.3%), Selenium: 15.09µg (21.56%), Phosphorus: 153.65mg (15.36%), Manganese: 0.17mg (8.3%), Magnesium: 32.35mg (8.09%), Zinc: 1.21mg (8.09%), Potassium: 267.84mg (7.65%), Vitamin B2: 0.12mg (6.95%), Vitamin B5: 0.64mg (6.44%), Vitamin B12: 0.37µg (6.11%), Iron: 1.09mg (6.08%), Folate: 23.74µg (5.94%), Vitamin A: 280.83IU (5.62%), Vitamin C: 4.32mg (5.24%), Vitamin E: 0.74mg (4.94%), Vitamin B1: 0.06mg (3.87%), Copper: 0.07mg (3.32%), Fiber: 0.74g (2.94%), Vitamin D: 0.35µg (2.35%), Calcium: 22.47mg (2.25%)