






 **14%**
HEALTH SCORE

Turkey and Sausage Boulettes

READY IN

45 min.

SERVINGS

6

CALORIES

487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 slices bread stale cut into cubes
- 6 servings breadcrumbs
- 1 tablespoon cognac
- 1 teaspoon sage dried
- 1 eggs
- 3 tablespoons parsley fresh finely chopped
- 1 pound pd of ground turkey
- 0.8 cup milk

- 6 servings cooking oil for frying
- 1 tablespoon olive oil
- 1 large onion finely chopped
- 3 tablespoons parmesan
- 1 teaspoon salt
- 1 pound sausage meat
- 4 large mushrooms white cleaned sliced
- 4 large mushrooms white cleaned sliced

Equipment

- frying pan
- paper towels
- baking paper
- mixing bowl

Directions

- Soak the bread in the milk. In a large skillet over medium high heat warm the oil.
- Add the onion and cook stirring for about 3 minutes.
- Add the mushrooms and the parsley and cook 5 minutes or until there is no more juices running from the mushrooms. In a large mixing bowl, mix the turkey and the sausage meat.
- Add the egg, parmesan cheese, sage, squeeze the milk out of the bread and add the bread to the meat mixture.
- Add the onion mixture and mix well. Season with salt and pepper.
- Mix everything together until the bread is well worked in and the vegetables are evenly distributed.
- Place in the refrigerator for 10 minutes to solidify. With your hands form individual meat boulettes or patties.
- Roll them on the bread crumbs and place them on a large piece of parchment paper. In a very large skillet over medium high heat, add the oil. When the oil is hot but not burning, saut the meat until golden brown and no juices are running out when slightly pressed down.

Remove from the pan and place on paper towel before serving.

Nutrition Facts

PROTEIN 29.7% **FAT 56.35%** **CARBS 13.95%**

Properties

Glycemic Index:53.61, Glycemic Load:3.72, Inflammation Score:-5, Nutrition Score:21.52652173913%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Taste

Sweetness: 22.18%, Saltiness: 100%, Sourness: 15.98%, Bitterness: 14.51%, Savoriness: 69.18%, Fattiness: 81.48%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 487.24kcal (24.36%), Fat: 30.09g (46.29%), Saturated Fat: 8.97g (56.06%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 15.1g (5.49%), Sugar: 4.35g (4.84%), Cholesterol: 128.65mg (42.88%), Sodium: 1090.1mg (47.4%), Alcohol: 0.84g (4.64%), Protein: 35.68g (71.36%), Vitamin B3: 13.29mg (66.45%), Vitamin B6: 1mg (49.98%), Selenium: 28.3µg (40.42%), Phosphorus: 400.04mg (40%), Vitamin K: 38.44µg (36.61%), Vitamin B1: 0.45mg (29.96%), Vitamin B2: 0.45mg (26.58%), Zinc: 3.73mg (24.86%), Vitamin B12: 1.34µg (22.26%), Vitamin B5: 2.04mg (20.42%), Potassium: 649.08mg (18.55%), Iron: 2.76mg (15.32%), Manganese: 0.29mg (14.42%), Magnesium: 52.9mg (13.23%), Copper: 0.25mg (12.64%), Vitamin D: 1.84µg (12.27%), Calcium: 120.97mg (12.1%), Folate: 42.14µg (10.53%), Vitamin E: 1.17mg (7.81%), Vitamin A: 355.2IU (7.1%), Vitamin C: 5.71mg (6.92%), Fiber: 1.67g (6.68%)