



Turkey Hash Patties

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground plus more for seasoning
- 1 medium carrots peeled cut into small dice
- 1 medium celery stalks
- 1 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 2 teaspoons thyme sprigs fresh finely chopped
- 0.5 teaspoon kosher salt plus more for seasoning
- 1 tablespoon parsley fresh italian coarsely chopped

- 12 ounces turkey shredded cooked
- 4 tablespoons vegetable oil
- 1 medium onion yellow

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- spatula

Directions

- Heat 2 tablespoons of the oil in a large nonstick frying pan over medium heat until shimmering.
- Add the carrot, celery, onion, and thyme, season with salt and pepper, and cook, stirring occasionally, until the onions and carrots have softened, about 10 minutes.
- Transfer the mixture to a large bowl and wipe the pan clean with a dry, clean towel or paper towels; set the pan aside.
- Add the remaining measured ingredients to the bowl (except for the oil) and stir to combine. Using your hands, form the mixture into 6 patties (4 inches wide, about 2/3 cup each) and place on a baking sheet.
- Heat the remaining 2 tablespoons of oil in the reserved frying pan over medium heat until shimmering.
- Add 3 of the patties and cook undisturbed until the bottoms are dark golden brown, about 8 minutes. Using a flat spatula, carefully flip the patties over and cook until they're dark golden brown on the other side, about 8 minutes more.
- Transfer to a large plate and repeat with the remaining patties.
- Serve immediately.

Nutrition Facts



■ PROTEIN 23.59% ■ FAT 60.93% ■ CARBS 15.48%

Properties

Glycemic Index:48.31, Glycemic Load:3.63, Inflammation Score:-9, Nutrition Score:9.1226086875667%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 180.5kcal (9.03%), Fat: 12.24g (18.84%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.11g (2.22%), Sugar: 1.34g (1.49%), Cholesterol: 59.98mg (19.99%), Sodium: 259.55mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.33%), Vitamin A: 1857.64IU (37.15%), Vitamin K: 29.39µg (27.99%), Selenium: 13.01µg (18.58%), Vitamin B3: 3.53mg (17.65%), Vitamin B6: 0.3mg (14.86%), Phosphorus: 106.05mg (10.61%), Vitamin B12: 0.57µg (9.42%), Vitamin B2: 0.15mg (9.03%), Vitamin E: 0.95mg (6.31%), Zinc: 0.94mg (6.25%), Folate: 23.25µg (5.81%), Iron: 0.97mg (5.41%), Vitamin B5: 0.54mg (5.36%), Vitamin B1: 0.08mg (5.32%), Manganese: 0.11mg (5.26%), Potassium: 177.18mg (5.06%), Vitamin C: 3.93mg (4.77%), Magnesium: 16.88mg (4.22%), Fiber: 0.88g (3.54%), Copper: 0.06mg (3.12%), Calcium: 21.82mg (2.18%), Vitamin D: 0.29µg (1.92%)