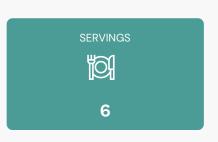


Turkey Hash Patties

airy Free







SIDE DISH

Ingredients

O.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
O.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

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, Luteolin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin:

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: Og (100%), Alcohol %: O% (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%)