



Turkey & Poblano Sausage Patties



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



96

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bell pepper minced seeded
- ☐ 1.3 teaspoons pepper black freshly ground
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 teaspoons rosemary leaves fresh finely chopped
- ☐ 0.5 teaspoon ground sage
- ☐ 2 teaspoons dijon honey mustard prepared
- ☐ 0.3 cup water prepared

- ☐ 16 ounces pd of ground turkey 93% organic lean ()
- ☐ 0.8 cup oats
- ☐ 0.3 cup onion white grated
- ☐ 0.8 teaspoon sea salt

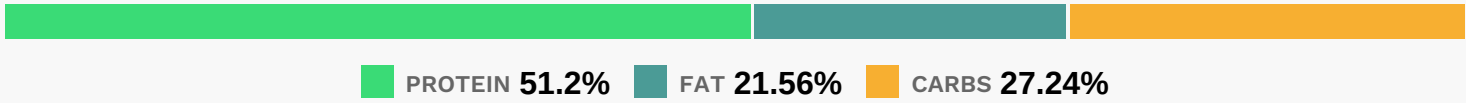
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 12 ingredients in a large bowl. Divide mixture into 12 patties.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat. Cook patties, in batches, 4 minutes on each side or until golden brown and cooked through.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:0.88217392369457%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 10.33kcal (0.52%), Fat: 0.25g (0.38%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.56g (0.21%), Sugar: 0.1g (0.12%), Cholesterol: 4.54mg (1.51%), Sodium: 24.39mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin B3: 0.48mg (2.42%), Vitamin B6: 0.05mg (2.38%), Selenium: 1.41µg (2.01%), Vitamin C: 1.63mg (1.98%), Manganese: 0.03mg (1.7%), Phosphorus: 16.01mg (1.6%)