

Turkey Sausage Patties



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons canola oil
- 1 pound pd of ground turkey
- 1 tablespoon maple syrup to taste
- 2 tablespoons steak seasoning (with garlic), or to taste masterpiece[®]

Equipment

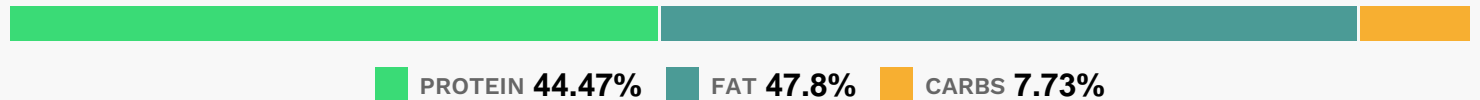
- bowl
- frying pan
- oven

- wire rack
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix together the ground turkey, steak seasoning, corn flake crumbs, and maple syrup in a bowl until the mixture is thoroughly combined.
- Heat the canola oil in a skillet over medium-high heat, and scoop up about 1/4 cup of the turkey mixture. Form the mixture into a patty, and place into the hot skillet. Repeat with remaining turkey mixture. Pan fry the patties until browned on both sides, 5 to 8 minutes per side.
- Remove patties to a cooling rack to drain.
- Place the patties into a baking dish in a single layer.
- Bake in the preheated oven until the patties are no longer pink inside and an instant-read meat thermometer inserted into the center of a patty reads at least 160 degrees F (70 degrees C), 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:1.23, Inflammation Score:-3, Nutrition Score:13.478695621957%

Nutrients (% of daily need)

Calories: 239.47kcal (11.97%), Fat: 12.86g (19.79%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.06g (3.4%), Cholesterol: 62.37mg (20.79%), Sodium: 58.82mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.84%), Vitamin B3: 11.07mg (55.36%), Vitamin B6: 1mg (49.91%), Selenium: 25.2µg (36.01%), Phosphorus: 260.83mg (26.08%), Vitamin K: 23.59µg (22.47%), Zinc: 2.09mg (13.96%), Vitamin E: 1.94mg (12.96%), Manganese: 0.26mg (12.95%), Vitamin B2: 0.19mg (10.96%), Potassium: 359.45mg (10.27%), Vitamin B5: 1mg (9.98%), Vitamin B12: 0.58µg (9.64%), Magnesium: 38.42mg (9.6%), Iron: 1.58mg (8.8%), Vitamin B1: 0.08mg (5.26%), Copper: 0.08mg (4.13%), Vitamin D: 0.45µg (3.02%), Folate: 11.83µg (2.96%), Calcium: 28.77mg (2.88%), Vitamin A: 80.99IU (1.62%)