

# Mini Turkey Patties

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-spinach-patties-recipe>

## Ingredients:

- 2 pounds turkey meat organic lean
- 1 egg organic
- 1/2 cup spinach finely chopped organic
- 1/4 cup finely chopped onion
- 4 cloves garlic minced
- 3 teaspoons Lawry's seasoning salt
- 2 teaspoons thyme
- 2 teaspoons garlic powder
- 2 teaspoons oregano
- 1 tablespoon coconut aminos
- 1 jar sweet chilli sauce Grama's

## Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 55 milligrams
4. Fat: 1.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. Sodium: 25 milligrams
8. Sugar: 1 grams

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