

# Maple Apple Breakfast Sausage

Yield: 15 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/organic-turkey-keema-recipe-indian>

## Ingredients:

- 1 pound organic turkey ground
- 1 pound pork ground organic
- 1 apple large, peeled, cored and diced very fine
- 2 tablespoons sweet onion finely minced
- 3 tablespoons pure maple syrup the good stuff
- 2 teaspoons fennel seed to taste
- 1 teaspoon ground sage
- 1/2 teaspoon nutmeg
- black pepper
- sea salt

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 45 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 1 grams
8. Sodium: 95 milligrams
9. Sugar: 4 grams

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