

Are Turkey Sausages bad for you?

Not really because most are all Natural and Minimally Processed



Butterball All Natural Fresh Turkey Sausage have **12g of protein per serving and only 120 calories per serving**. Minimally processed and ready to cook, Butterball turkey sausage has all the flavor you want with none of the additives you don't according to their website. It is a lower fat alternative with 41% less fat than fresh pork sausage. I use it in some of my soup recipes. *All Natural means **minimally processed** and no artificial ingredients. Pork sausage has 290-455 calories and 23-38 grams of fat per link. Turkey and chicken sausage have 140-160 calories and 7-10 grams of fat for the same amount. That's hundreds of calories and fat grams less per link. You avoid loads of sodium too (read the stats below). Consider using chicken and turkey sausage in your everyday meals – add sliced sausage to soups, stews, stir-fries and casseroles.

Ingredients: Turkey, Mechanically Separated Turkey, Water, Corn Syrup Solids, Contains 2% or Less of Salt, Oat Fiber, Modified Food Starch, Mustard, Yeast Extract, Potassium Chloride, Dextrose, Sodium Nitrite, Rosemary Extract, Smoked Sugar, Extractive of Capsicum and Celery Juice Extract.