



Maple Chicken Sausage Patties



1/6th of recipe (2 patties): 103 calories, 1g total fat (<0.5g sat fat), 174mg sodium, 2.5g carbs, 0g fiber, 2g sugars, 17.5g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 10 minutes **Cook:** 10 minutes



Tagged: [Breakfast Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 1 lb. raw extra-lean ground chicken (at least 98% lean)
- 2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
- 2 tbsp. lite pancake syrup
- 3/4 tsp. ground sage
- 3/4 tsp. ground thyme
- 1/4 tsp. each salt and black pepper
- 1/8 tsp. ground nutmeg

Directions

Preheat oven to 425 degrees. Spray a 12-cavity [whoopie pie pan](#) with nonstick spray.

Combine all ingredients in a large bowl. Mix thoroughly.

Evenly distribute mixture among the cavities of the pan, and smooth out the tops.

Bake until firm with lightly browned edges, about 8 minutes.

MAKES 6 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.