



Atsa Spicy Pizza Sausage

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 teaspoons pepper red crushed
- 0.3 teaspoon thyme dried
- 0.5 cup wine dry red
- 1 tablespoon fennel seeds
- 0.3 cup parsley fresh minced
- 4 garlic clove crushed
- 1 pound ground pork

- 1 pound pd of ground turkey
- 2 tablespoons parmesan cheese grated
- 1 teaspoon salt

Equipment

- bowl
- frying pan
- ziploc bags

Directions

- Combine all ingredients in a large bowl. Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble.
- Drain.
- Note: The sausage can be frozen in zip-top plastic bags for up to 3 months.

Nutrition Facts

PROTEIN 42.07% **FAT 54.67%** **CARBS 3.26%**

Properties

Glycemic Index:9.4, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:11.144782719405%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 189.89kcal (9.49%), Fat: 10.93g (16.82%), Saturated Fat: 3.96g (24.76%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.05g (0.06%), Cholesterol: 58.48mg (19.49%), Sodium: 305.38mg

(13.28%), Alcohol: 1.26g (100%), Alcohol %: 1.47% (100%), Protein: 18.93g (37.86%), Vitamin B3: 6.48mg (32.4%), Vitamin K: 33.67µg (32.06%), Selenium: 21.77µg (31.1%), Vitamin B6: 0.59mg (29.47%), Vitamin B1: 0.37mg (24.53%), Phosphorus: 195.63mg (19.56%), Zinc: 1.91mg (12.75%), Vitamin B2: 0.17mg (9.77%), Vitamin B12: 0.56µg (9.37%), Potassium: 298.65mg (8.53%), Vitamin B5: 0.72mg (7.24%), Magnesium: 26.33mg (6.58%), Iron: 1.1mg (6.1%), Vitamin A: 282.74IU (5.65%), Vitamin C: 3.49mg (4.23%), Manganese: 0.08mg (4.23%), Copper: 0.06mg (3.21%), Calcium: 30.49mg (3.05%), Folate: 9.19µg (2.3%), Fiber: 0.46g (1.83%), Vitamin D: 0.19µg (1.24%), Vitamin E: 0.17mg (1.13%)