

Breakfast Sausage



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



406 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 tablespoon brown sugar



0.3 teaspoon marjoram dried



2 teaspoons sage dried



1 pinch ground cloves



1 teaspoon ground pepper black



2 pounds ground pork



0.1 teaspoon pepper flakes red crushed



2 teaspoons salt

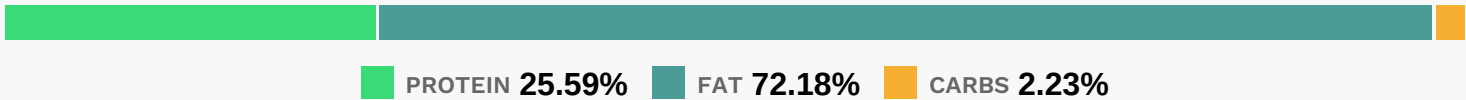
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small, bowl, combine the sage, salt, ground black pepper, marjoram, brown sugar, crushed red pepper and cloves.
- ☐ Mix well.
- ☐ Place the pork in a large bowl and add the mixed spices to it.
- ☐ Mix well with your hands and form into patties.
- ☐ Saute the patties in a large skillet over medium high heat for 5 minutes per side, or until internal pork temperature reaches 160 degrees F (73 degrees C).

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:14.35000002125%

Nutrients (% of daily need)

Calories: 406.37kcal (20.32%), Fat: 32.06g (49.33%), Saturated Fat: 11.91g (74.42%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.95g (2.16%), Cholesterol: 108.86mg (36.29%), Sodium: 861.19mg (37.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Vitamin B1: 1.11mg (73.83%), Selenium: 37.25µg (53.21%), Vitamin B3: 6.57mg (32.86%), Vitamin B6: 0.58mg (29.14%), Phosphorus: 265.39mg (26.54%), Zinc: 3.34mg (22.25%), Vitamin B2: 0.36mg (20.97%), Vitamin B12: 1.06µg (17.64%), Potassium: 442.59mg (12.65%), Vitamin B5: 1.02mg (10.18%), Iron: 1.41mg (7.81%), Magnesium: 29.76mg (7.44%), Copper: 0.07mg (3.74%), Manganese: 0.07mg (3.65%), Calcium: 25.66mg (2.57%), Folate: 7.76µg (1.94%), Vitamin C: 1.07mg (1.3%), Vitamin K: 1.21µg (1.15%)