



Bulk Venison Breakfast Sausage



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons sage dried
- ☐ 1 tablespoon fresh-ground pepper black
- ☐ 2 pounds ground pork
- ☐ 6 pounds ground venison
- ☐ 1 tablespoon pepper flakes red crushed
- ☐ 0.3 cup sugar-based curing mixture morton® tender quick® (such as)

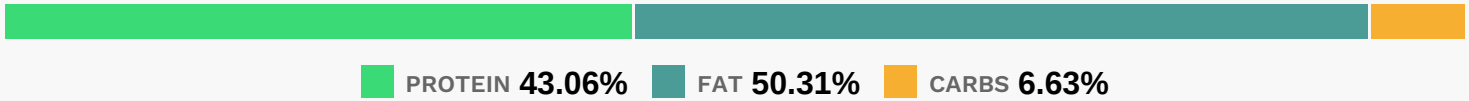
Equipment

☐ bowl

Directions

- ☐ In a very large bowl or plastic tub, sprinkle the venison and pork with the curing mixture, pepper, pepper flakes, sugar, and sage.
- ☐ Mix very well to evenly incorporate everything. When working with large quantities of sausage, cook a small piece to make sure the seasoning is exactly how you like it.
- ☐ Divide into 1 pound portions and freeze.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:1.49, Inflammation Score:-2, Nutrition Score:16.60260869757%

Nutrients (% of daily need)

Calories: 296.53kcal (14.83%), Fat: 16.19g (24.91%), Saturated Fat: 6.82g (42.6%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.52g (1.64%), Sugar: 4.33g (4.81%), Cholesterol: 117.93mg (39.31%), Sodium: 112.42mg (4.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.36%), Vitamin B1: 0.9mg (60%), Vitamin B3: 8.16mg (40.81%), Vitamin B12: 2.39µg (39.75%), Zinc: 5.62mg (37.5%), Vitamin B6: 0.69mg (34.32%), Selenium: 20.77µg (29.67%), Phosphorus: 295.79mg (29.58%), Vitamin B2: 0.42mg (24.65%), Iron: 3.81mg (21.19%), Potassium: 498.28mg (14.24%), Vitamin B5: 1.04mg (10.44%), Copper: 0.19mg (9.28%), Magnesium: 33.2mg (8.3%), Vitamin K: 6.41µg (6.1%), Vitamin E: 0.66mg (4.39%), Manganese: 0.07mg (3.33%), Calcium: 26.03mg (2.6%), Vitamin A: 117.6IU (2.35%), Folate: 7.27µg (1.82%), Fiber: 0.28g (1.12%)