



Busia's Polish Sausage



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 clove garlic
- ☐ 6 servings ground pepper black to taste
- ☐ 3 pounds boston butt pork shoulder cubed trimmed
- ☐ 1 tablespoon salt
- ☐ 6 servings sausage casings

Equipment

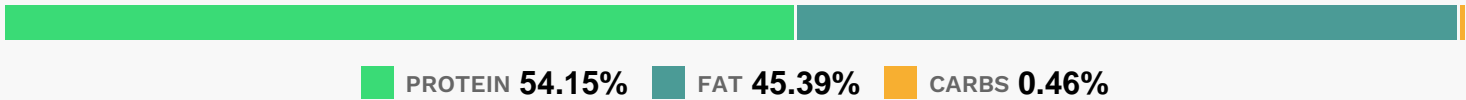
- ☐ bowl
- ☐ pot

☐ funnel

Directions

- ☐ In a medium bowl, mix together the pork, garlic, salt and pepper.
- ☐ Place on a clean smooth surface and knead, knead, knead for at least 10 or 15 minutes. The longer you knead it, the more tender your sausage will be.
- ☐ Soak the sausage casings in water for 1 or 2 minutes. Rinse the casings by sliding over the faucet. Slide the casing all the way up onto the spout of a sausage stuffing funnel. Press meat through the funnel into the casing carefully so that no air bubbles get inside. Sausages should be plump. Twist periodically to form links.
- ☐ Place sausages in a large pot with enough water to cover them. Bring to a boil, then reduce heat to low, cover the pot, and simmer for 1 hour and 15 minutes. They can be frozen after cooling. Use as you would store bought Polish Sausage.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:15.60217387213%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 208.79kcal (10.44%), Fat: 10.15g (15.61%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 0.23g (0.08%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.01g (0.01%), Cholesterol: 93.41mg (31.14%), Sodium: 1274.35mg (55.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.48%), Vitamin B1: 1.23mg (81.79%), Selenium: 40.89µg (58.42%), Vitamin B3: 5.97mg (29.83%), Vitamin B6: 0.58mg (29.18%), Zinc: 4.38mg (29.17%), Phosphorus: 281.73mg (28.17%), Vitamin B2: 0.44mg (25.67%), Vitamin B12: 1.17µg (19.51%), Potassium: 477.81mg (13.65%), Vitamin B5: 1.15mg (11.48%), Iron: 1.73mg (9.59%), Magnesium: 29.52mg (7.38%), Copper: 0.14mg (6.93%), Calcium: 21.53mg (2.15%), Manganese: 0.04mg (2.04%), Folate: 6.96µg (1.74%), Vitamin C: 1.27mg (1.54%)