



Chef John's Breakfast Sausage Patties



Gluten Free



Dairy Free



Low Fod Map

READY IN



505 min.

SERVINGS



6

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons fennel seeds crushed to taste
- ☐ 1 pound coarsely ground pork shoulder
- ☐ 1 teaspoon kosher salt
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 teaspoons orange zest freshly grated
- ☐ 0.1 teaspoon pepper flakes red
- ☐ 0.5 teaspoon herb seasoning dried italian

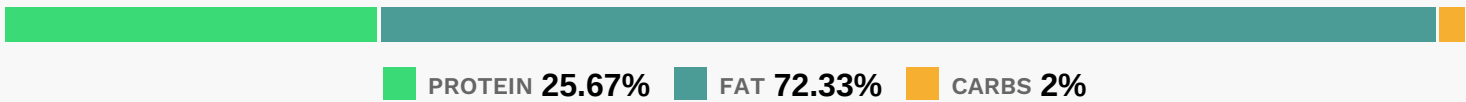
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ cutting board

Directions

- ☐ Place pork, fennel seeds, orange zest, salt, black pepper, Italian seasoning, red pepper flakes, and nutmeg into a bowl and stir very lightly with a fork to combine. Do not overmix. Cover and refrigerate overnight.
- ☐ Check seasonings before using: Shape about 2 teaspoons sausage into a small patty and fry until brown in a skillet over medium heat.
- ☐ Let cool 1 to 2 minutes and taste for seasoning.
- ☐ Cover a cutting board with plastic wrap. Divide sausage into 6 equal pieces, roll into a balls, and wrap each ball with plastic wrap. Press flat into patties and discard plastic.
- ☐ Place a heavy skillet, such as a cast iron skillet, over medium-high heat. Cook patties in hot skillet until meat is no longer pink in the center and the sausage is browned, about 3 minutes per side.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:7.9213043010753%

Nutrients (% of daily need)

Calories: 204.27kcal (10.21%), Fat: 16.21g (24.94%), Saturated Fat: 6.01g (37.54%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.07g (0.08%), Cholesterol: 54.43mg (18.14%), Sodium: 431.37mg (18.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.89%), Vitamin B1: 0.56mg (37.23%), Selenium: 18.64µg (26.63%), Vitamin B3: 3.35mg (16.77%), Vitamin B6: 0.3mg (14.99%), Phosphorus: 137.04mg (13.7%), Zinc: 1.71mg (11.39%), Vitamin B2: 0.18mg (10.8%), Vitamin B12: 0.53µg (8.82%), Potassium: 238.54mg

(6.82%), Iron: 0.98mg (5.43%), Vitamin B5: 0.51mg (5.15%), Manganese: 0.1mg (4.97%), Magnesium: 18.85mg (4.71%), Calcium: 27.61mg (2.76%), Vitamin K: 2.87µg (2.73%), Copper: 0.05mg (2.45%), Fiber: 0.6g (2.41%), Vitamin C: 1.59mg (1.93%), Folate: 5.12µg (1.28%)