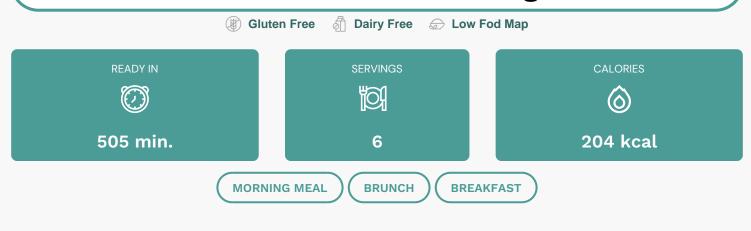


Chef John's Breakfast Sausage Patties



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		
	PROTEIN 25.67% FAT 72.33% CARBS 2%	
	PROTEIN 23.07 70 PAT 72.3370 CARBS 270	

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%)