



Chicken and Feta Sausage

 Gluten Free

READY IN



105 min.

SERVINGS



15

CALORIES



523 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 foot hog casing with water
- ☐ 1 tablespoon coriander seeds toasted
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 15 servings parsley fresh chopped for serving
- ☐ 2 cloves garlic minced
- ☐ 15 servings kosher salt
- ☐ 3 lemon zest finely grated

- ☐ 0.3 cup olive oil extra-virgin plus more for serving
- ☐ 15 servings pepper freshly ground
- ☐ 1 pound pork fatback cubed
- ☐ 2 pounds chicken thighs boneless skinless cubed
- ☐ 15 servings tomatoes sliced for serving
- ☐ 0.3 cup white wine chilled

Equipment

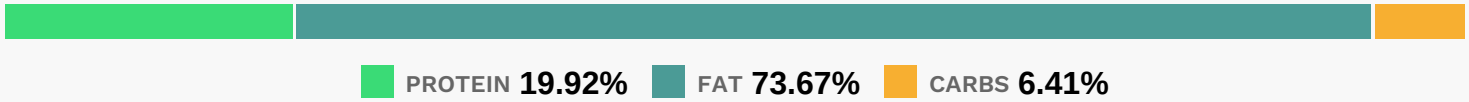
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ stand mixer
- ☐ meat grinder

Directions

- ☐ Combine the chicken, pork fatback, coriander, garlic, mint, lemon zest and 2 tablespoons salt in a large bowl.
- ☐ Transfer to a large plastic zip-top bag and refrigerate overnight.
- ☐ At least 30 minutes before grinding the meat, place all of your tools (including the meat grinder parts, stand mixer bowl, stand mixer paddle attachment and sausage stuffer parts) in the freezer to chill.
- ☐ Using your meat grinder, grind the marinated meat mixture through the small die plate into the chilled bowl of the stand mixer. Refrigerate at least 30 minutes, then return the mixture to the mixer.
- ☐ Add the feta, olive oil and wine and beat on medium speed using the chilled paddle attachment until combined. Refrigerate until ready to use.
- ☐ Stuff the sausages (see Cook's Note) and, for best results, refrigerate overnight.
- ☐ Before cooking, pierce each sausage several times with a pin. Grill over medium heat until the center registers 160 degrees F, 10 to 12 minutes. (You can also pan-fry or broil the sausages.)
- ☐ Drizzle the tomatoes with olive oil, sprinkle with parsley and season with salt and pepper.

- ☐ Serve the sausages with the tomato salad.
- ☐ Photograph by Kat Deutsch

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:19.680000097855%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 523.04kcal (26.15%), Fat: 42.62g (65.57%), Saturated Fat: 13.78g (86.14%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 5.7g (2.07%), Sugar: 4.86g (5.4%), Cholesterol: 126.18mg (42.06%), Sodium: 357.48mg (15.54%), Alcohol: 0.41g (100%), Alcohol %: 0.15% (100%), Protein: 25.93g (51.87%), Vitamin K: 84.13µg (80.12%), Vitamin A: 1965.55IU (39.31%), Vitamin C: 31.99mg (38.78%), Selenium: 19.02µg (27.17%), Vitamin B3: 5.1mg (25.52%), Phosphorus: 236.98mg (23.7%), Vitamin B6: 0.47mg (23.3%), Folate: 86.64µg (21.66%), Vitamin B2: 0.32mg (18.82%), Potassium: 653.31mg (18.67%), Vitamin B12: 0.79µg (13.15%), Manganese: 0.26mg (13.15%), Zinc: 1.95mg (12.99%), Vitamin B1: 0.19mg (12.96%), Vitamin E: 1.79mg (11.96%), Calcium: 110.97mg (11.1%), Copper: 0.22mg (10.99%), Iron: 1.97mg (10.92%), Magnesium: 42.62mg (10.66%), Fiber: 2.65g (10.61%), Vitamin B5: 1mg (9.97%), Vitamin D: 1.07µg (7.13%)