



Country Sausage Patties



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 teaspoon brown sugar dark
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon nutmeg whole grated
- ☐ 0.5 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 1.5 pounds boston butt pork roast boneless trimmed cut into 1-inch cubes
- ☐ 1 teaspoon salt

- ☐ 0.3 cup water cold
- ☐ 1 teaspoon or dried fresh minced
- ☐ 1 teaspoon or dried fresh minced

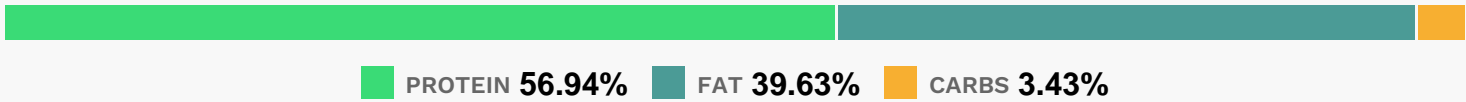
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place half of pork in food processor; pulse until coarsely ground.
- ☐ Place pork in a large bowl. Repeat procedure with remaining pork.
- ☐ Add water and remaining ingredients except cooking spray. Knead mixture until well blended. Cover and refrigerate mixture 8 hours or overnight.
- ☐ Divide mixture into 16 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add half the patties; cook 6 minutes. Turn patties over; cook 5 minutes or until done. Repeat procedure with remaining patties.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:10.095217460523%

Nutrients (% of daily need)

Calories: 116.61kcal (5.83%), Fat: 4.96g (7.63%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.53g (0.59%), Cholesterol: 51.03mg (17.01%), Sodium: 357.36mg (15.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.05%), Selenium: 24.09µg (34.42%), Vitamin B1: 0.48mg (31.79%), Vitamin B6: 0.45mg (22.54%), Vitamin B2: 0.33mg (19.44%), Zinc: 2.89mg (19.26%), Vitamin B3: 3.77mg (18.87%), Phosphorus: 173.9mg (17.39%), Vitamin B5: 1.34mg (13.39%), Vitamin B12: 0.77µg (12.9%), Potassium: 300.55mg (8.59%), Iron: 1.28mg (7.09%), Magnesium: 20.5mg (5.13%), Copper: 0.1mg (4.87%), Vitamin

D: 0.51µg (3.4%), Manganese: 0.06mg (3.14%), Vitamin K: 3.04µg (2.89%), Vitamin E: 0.31mg (2.08%), Calcium: 18.25mg (1.82%), Vitamin A: 81.45IU (1.63%), Fiber: 0.27g (1.07%)