



## Fresh Pork Sausage Patties

 **Gluten Free**  **Dairy Free**

READY IN



**50 min.**

SERVINGS



**30**

CALORIES



**79 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 bacon frozen coarsely chopped
- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons rosemary leaves fresh
- 2 garlic clove
- 0.3 teaspoon ground pepper red
- 1.5 pounds ground pork
- 1.5 teaspoons ground sage
- 0.8 teaspoon salt

1 shallots

## Equipment

food processor

frying pan

kitchen thermometer

## Directions

Process first 8 ingredients in a food processor until finely minced.

Add ground pork; process until mixture begins to form a ball. Cover and chill at least 4 hours or overnight.

Shape sausage into 20 (3 x 1/4") patties. Cook in several batches in a large nonstick skillet over medium-high heat 2 minutes per side or until lightly browned and a thermometer inserted into the thickest portion registers 16

Keep warm until ready to serve.

Turkey Sausage Patties: You can make this recipe using 1 1/2 pounds ground turkey (white and dark meat). Follow above procedure, except blend ground turkey with seasonings by hand instead of using a processor. This will keep the turkey from becoming too finely ground.

## Nutrition Facts

 **PROTEIN 22.71%** **FAT 75.76%** **CARBS 1.53%**

## Properties

Glycemic Index:4.13, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.4852173862898%

## Nutrients (% of daily need)

Calories: 79.05kcal (3.95%), Fat: 6.56g (10.09%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.07g (0.08%), Cholesterol: 19.23mg (6.41%), Sodium: 100.11mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Vitamin B1: 0.18mg (11.95%), Selenium: 6.51µg (9.29%), Vitamin B3: 1.17mg (5.83%), Vitamin B6: 0.1mg (5.23%), Phosphorus: 46.94mg (4.69%), Zinc: 0.56mg (3.72%), Vitamin B2: 0.06mg (3.38%), Vitamin B12: 0.18µg (3.01%), Potassium: 78.28mg (2.24%), Vitamin B5: 0.18mg (1.8%), Iron: 0.24mg (1.32%), Magnesium: 5.17mg (1.29%)