



Ham Sausage With Fresh Peach Chutney

 Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices bacon fully cooked
- 1 pound ham cooked chopped
- 1 large eggs lightly beaten
- 16 oz sausage meat hot
- 0.8 cup lightly fresh packed soft (2 sandwich bread slices)
- 6 servings peach chutney fresh
- 6 servings wooden picks
- 6 servings wooden picks

Equipment

- food processor
- bowl
- frying pan

Directions

- Pulse ham in a food processor 4 to 5 times or until finely ground.
- Stir together ham and next 3 ingredients in a large bowl just until combined. Shape ham mixture into 6 (3 1/4-inch) patties. Wrap each patty with 2 bacon slices, and secure with wooden picks.
- Cook patties in a large lightly greased skillet over medium heat 5 to 6 minutes on each side or until done.
- Remove wooden picks.
- Serve with Fresh Peach Chutney.
- Note: For testing purposes only, we used Oscar Mayer Fully Cooked Bacon.
- Ham Sausage and Biscuits: Omit bacon. Proceed with recipe as directed, shaping ham mixture into 12 (2 3/4-inch) patties.
- Serve with hot biscuits and Fresh Peach Chutney. Makes 12 servings.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:5.19, Inflammation Score:-6, Nutrition Score:21.807391415472%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol:

0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 545.58kcal (27.28%), Fat: 33.35g (51.3%), Saturated Fat: 10.31g (64.42%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 22.34g (8.12%), Sugar: 13.45g (14.95%), Cholesterol: 156.46mg (52.15%), Sodium: 1752.93mg (76.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.58%), Vitamin B1: 0.87mg (57.87%), Vitamin B3: 10.03mg (50.16%), Selenium: 32.19µg (45.99%), Phosphorus: 456.66mg (45.67%), Vitamin B12: 2µg (33.41%), Zinc: 4.46mg (29.76%), Vitamin C: 24.29mg (29.45%), Vitamin B6: 0.58mg (28.92%), Vitamin B2: 0.45mg (26.37%), Potassium: 700.72mg (20.02%), Vitamin B5: 1.78mg (17.78%), Iron: 2.94mg (16.34%), Copper: 0.31mg (15.52%), Manganese: 0.26mg (13.04%), Magnesium: 50.22mg (12.56%), Vitamin A: 596.62IU (11.93%), Fiber: 2.86g (11.43%), Vitamin E: 1.4mg (9.36%), Vitamin D: 1.21µg (8.09%), Folate: 30.39µg (7.6%), Vitamin K: 5.72µg (5.45%), Calcium: 48.47mg (4.85%)