



## Hazelnut Breakfast Sausages



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 tsp pepper black freshly ground
- ☐ 1 tbsp coarse kosher salt
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 3.5 pounds ground pork
- ☐ 0.3 cup frangelico such as frangelico
- ☐ 0.8 cup hazelnuts
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon mace

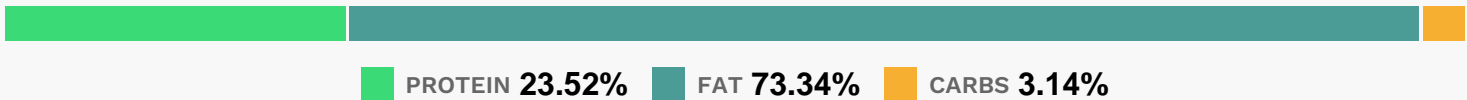
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 37
- ☐ Spread hazelnuts on a baking sheet and bake until toasted and fragrant, about 10 minutes. Wrap toasted nuts in a cloth and rub to remove as much skin as possible.
- ☐ Let cool.
- ☐ Transfer to a food processor and pulse until nuts resemble coarse cornmeal.
- ☐ Break pork into small chunks and put in a large bowl.
- ☐ Sprinkle ground hazelnuts, parsley, hazelnut liqueur, honey, salt, pepper, and mace over the pork. Using your hands, gently mix all ingredients together.
- ☐ To check seasoning, cook a small amount of sausage in a frying pan over medium-high heat until browned and cooked through. Taste, then season pork mixture with more salt or pepper as desired.
- ☐ Scoop out 1/4-cup portions of sausage mixture and form into 3-in.-wide patties. Working in batches, cook patties in a large frying pan over medium-high heat until brown on one side, about 3 minutes. Flip patties, reduce heat to medium-low, partially cover, and fry until cooked through, about 5 minutes.

# Nutrition Facts



# Properties

Glycemic Index:5.47, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:8.7356522705244%

# Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 201.45kcal (10.07%), Fat: 16.34g (25.14%), Saturated Fat: 5.39g (33.66%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.89g (0.99%), Cholesterol: 47.63mg (15.88%), Sodium: 328.56mg (14.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Vitamin B1: 0.51mg (33.99%), Selenium: 16.38µg (23.4%), Vitamin K: 21.31µg (20.29%), Vitamin B3: 2.96mg (14.79%), Vitamin B6: 0.28mg (13.82%), Manganese: 0.26mg (13.21%), Phosphorus: 127.75mg (12.78%), Zinc: 1.57mg (10.45%), Vitamin B2: 0.16mg (9.52%), Vitamin B12: 0.46µg (7.72%), Potassium: 225.39mg (6.44%), Copper: 0.1mg (5.05%), Magnesium: 19.75mg (4.94%), Vitamin B5: 0.48mg (4.84%), Iron: 0.87mg (4.83%), Vitamin E: 0.57mg (3.82%), Vitamin C: 2.38mg (2.89%), Folate: 9.55µg (2.39%), Vitamin A: 112.26IU (2.25%), Fiber: 0.47g (1.86%), Calcium: 16.44mg (1.64%)