



Homemade Beef Breakfast Sausage Patties

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

READY IN



15 min.

SERVINGS



8

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon brown sugar
- 2 teaspoons basil dried
- 0.3 teaspoon marjoram dried
- 2 teaspoons sage dried
- 2 pounds ground beef
- 1 teaspoon ground pepper black
- 1 teaspoon onion powder
- 0.1 teaspoon pepper flakes red crushed

2 teaspoons salt

Equipment

bowl

frying pan

kitchen thermometer

Directions

Stir the brown sugar, sage, salt, basil, black pepper, onion powder, marjoram, and red pepper flakes together in a small bowl.

Place the ground beef in a large bowl; mix the spice blend into the ground beef with your hands until evenly integrated. Refrigerate for 24 hours to let the flavors blend.

Divide the ground beef mixture into 8 patties.

Place a large skillet over medium heat; cook the patties in the skillet until firm, hot, and cooked in the center, 5 to 7 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts

PROTEIN **26.96%** FAT **70.32%** CARBS **2.72%**

Properties

Glycemic Index:4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:10.03434784516%

Nutrients (% of daily need)

Calories: 295.97kcal (14.8%), Fat: 22.71g (34.94%), Saturated Fat: 8.71g (54.46%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.76g (0.64%), Sugar: 1.48g (1.64%), Cholesterol: 80.51mg (26.84%), Sodium: 658.71mg (28.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.18%), Vitamin B12: 2.43µg (40.45%), Zinc: 4.78mg (31.84%), Selenium: 17.09µg (24.42%), Vitamin B3: 4.82mg (24.08%), Vitamin B6: 0.37mg (18.71%), Phosphorus: 181.24mg (18.12%), Iron: 2.49mg (13.83%), Vitamin B2: 0.17mg (10.11%), Potassium: 321.57mg (9.19%), Vitamin K: 7.23µg (6.88%), Vitamin B5: 0.58mg (5.79%), Magnesium: 22.08mg (5.52%), Copper: 0.08mg (4.05%), Manganese: 0.07mg (3.75%), Vitamin E: 0.51mg (3.39%), Vitamin B1: 0.05mg (3.38%), Calcium: 30.26mg (3.03%), Folate: 9.02µg (2.25%)