



Homemade Sausage Patties

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 1 slice bacon thinly sliced
- ☐ 2 tablespoons bread crumbs dried plain
- ☐ 2 teaspoons brown sugar
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 1 egg yolk
- ☐ 3 cloves garlic minced
- ☐ 8 ounces ground pork 72% lean

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 small onion finely chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small saute pan, cook the bacon over medium heat until rendered but not crispy, about 3 minutes.
- ☐ Add 1 tablespoon vegetable oil and onions, and cook until the onions are soft and begin to turn golden in color, about 3 more minutes.
- ☐ Add the minced garlic and cook an additional 1 minute, or until fragrant.
- ☐ Remove the pan from the heat, and set aside.
- ☐ In a medium bowl, use a fork to mix together the bread crumbs, brown sugar, thyme, cayenne pepper, and salt, and pepper.
- ☐ Add the ground pork, egg yolk, and bacon and onion mixture to the bread crumbs, and gently mix with your hands until just combined. Do not over mix. Divide the mixture into 8 even portions and form into patties, pressing a small thumb indentation in the middle of each so they stay flat when they cook. In a large saute pan, heat 1 tablespoon vegetable oil over medium-high heat.
- ☐ Add the sausage patties and brown on both sides, about 2 minutes per side.
- ☐ Add a tablespoon of water and cover the pan for 3 minutes, or until the sausage is fully cooked.
- ☐ Serve hot.

Nutrition Facts



 PROTEIN **17%**  FAT **72.16%**  CARBS **10.84%**

Properties

Glycemic Index:30.25, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:8.9182607920273%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 282.02kcal (14.1%), Fat: 22.51g (34.64%), Saturated Fat: 6.74g (42.1%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 7.06g (2.57%), Sugar: 2.69g (2.98%), Cholesterol: 93.05mg (31.02%), Sodium: 108.56mg (4.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Vitamin B1: 0.5mg (33.1%), Selenium: 19.25µg (27.49%), Vitamin K: 16.42µg (15.64%), Vitamin B3: 3.06mg (15.31%), Vitamin B6: 0.3mg (14.86%), Phosphorus: 139.9mg (13.99%), Vitamin B2: 0.19mg (11.09%), Zinc: 1.55mg (10.31%), Vitamin B12: 0.53µg (8.83%), Manganese: 0.13mg (6.74%), Iron: 1.21mg (6.72%), Potassium: 218.15mg (6.23%), Vitamin B5: 0.6mg (6%), Vitamin E: 0.76mg (5.04%), Folate: 17.17µg (4.29%), Magnesium: 16.24mg (4.06%), Calcium: 35.2mg (3.52%), Copper: 0.06mg (2.96%), Vitamin A: 130.96IU (2.62%), Vitamin C: 1.94mg (2.35%), Fiber: 0.55g (2.2%), Vitamin D: 0.26µg (1.77%)