

Hot Italian Sausage



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



60

CALORIES



409 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon anise seed
- ☐ 1 tablespoon fennel seed
- ☐ 0.3 cup garlic salt
- ☐ 0.5 cup ground paprika
- ☐ 1 tablespoon ground pepper black
- ☐ 20 pounds ground pork
- ☐ 0.1 cup pepper flakes red
- ☐ 0.1 cup salt

☐ 1 cup vegetable oil

Equipment

☐ food processor

☐ bowl

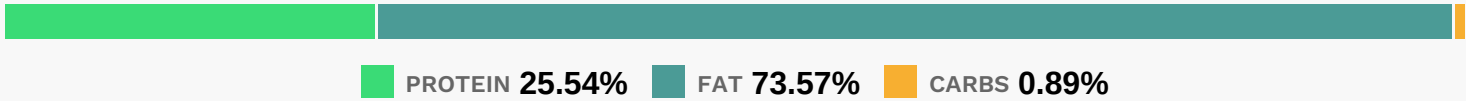
☐ blender

Directions

☐ Place the ground pork into a large bowl. Season with salt, garlic salt, black pepper and paprika. In a blender or food processor, blend together the oil, anise seed, fennel seed and red pepper flakes.

☐ Mix everything into the ground pork until well blended. Refrigerate for 24 hours to let flavors blend. Bag and freeze in portions that suit your needs.

Nutrition Facts



Properties

Glycemic Index:0.87, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:15.454782874688%

Nutrients (% of daily need)

Calories: 408.93kcal (20.45%), Fat: 32.99g (50.75%), Saturated Fat: 12.04g (75.27%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.13g (0.14%), Cholesterol: 108.86mg (36.29%), Sodium: 800.82mg (34.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.52%), Vitamin B1: 1.11mg (74.12%), Selenium: 37.36µg (53.38%), Vitamin B3: 6.72mg (33.58%), Vitamin B6: 0.61mg (30.5%), Phosphorus: 269.99mg (27%), Zinc: 3.4mg (22.66%), Vitamin B2: 0.37mg (21.87%), Vitamin B12: 1.06µg (17.64%), Potassium: 468.68mg (13.39%), Vitamin A: 601.01IU (12.02%), Vitamin B5: 1.04mg (10.39%), Iron: 1.68mg (9.32%), Magnesium: 31.81mg (7.95%), Copper: 0.08mg (4.16%), Vitamin E: 0.51mg (3.4%), Manganese: 0.06mg (3.06%), Calcium: 27.58mg (2.76%), Vitamin K: 2.74µg (2.61%), Fiber: 0.57g (2.26%), Folate: 8.17µg (2.04%), Vitamin C: 1.11mg (1.35%)