



House Sausage



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon sage dried
- ☐ 1.5 pounds ground pork shoulder
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons grade b maple syrup
- ☐ 1 teaspoon freshly cracked pepper black
- ☐ 1 shallots finely chopped

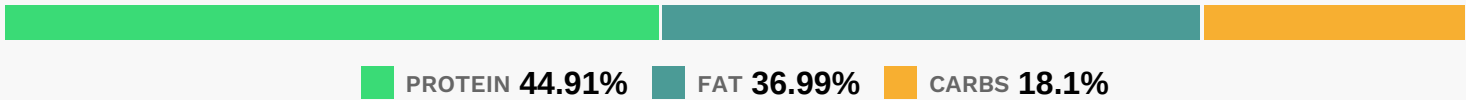
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Combine all of the ingredients in a medium bowl and wrap tightly with plastic wrap. Chill in the refrigerator for at least 1 hour and up to overnight.
- ☐ When ready to cook, form the mixture into small patties about 1/4-inch thick and 3 inches wide. Cook in a skillet over medium-high heat, turning once, until golden brown and completely cooked through, about 8 minutes total.
- ☐ Transfer the sausage to a serving dish and serve warm.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.86, Inflammation Score:-1, Nutrition Score:8.9426086431612%

Nutrients (% of daily need)

Calories: 125.79kcal (6.29%), Fat: 5.04g (7.75%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.22g (1.9%), Sugar: 4.36g (4.85%), Cholesterol: 46.35mg (15.45%), Sodium: 662.61mg (28.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.54%), Vitamin B1: 0.62mg (41.57%), Selenium: 21.32µg (30.46%), Vitamin B2: 0.31mg (17.94%), Vitamin B6: 0.3mg (15.23%), Zinc: 2.26mg (15.05%), Vitamin B3: 2.99mg (14.95%), Phosphorus: 145.47mg (14.55%), Manganese: 0.23mg (11.44%), Vitamin B12: 0.58µg (9.68%), Potassium: 273.27mg (7.81%), Vitamin B5: 0.59mg (5.93%), Iron: 0.98mg (5.46%), Magnesium: 18.66mg (4.66%), Copper: 0.08mg (3.88%), Calcium: 22.18mg (2.22%), Fiber: 0.33g (1.33%), Folate: 5.15µg (1.29%), Vitamin C: 0.9mg (1.09%)