



Italian Sausage

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

305 min.

SERVINGS

servings

12

CALORIES

calories

124 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons pepper black
- ☐ 5 feet of 36 millimeter collagen casings do not allow to get wet at any time
- ☐ 1.5 teaspoons fennel seed
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon parsley leaves chopped
- ☐ 2 pounds pork butt diced with bone, into 1/4-inch pieces
- ☐ 1 oz shortening

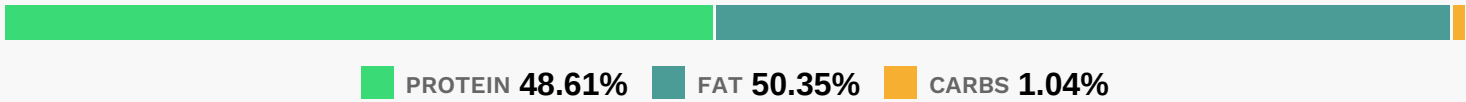
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ meat grinder

Directions

- ☐ Special equipment: meat grinder with stuffing attachment or manual stuffer
- ☐ Toast fennel seed in medium sized, heavy saute pan over medium heat, constantly moving seeds around in pan until they start to turn light brown, about 5 minutes. Set aside to cool. Once cool, grind seeds and combine with salt, pepper, and chopped parsley in medium mixing bowl.
- ☐ Add pork and blend thoroughly. Refrigerate for 1 hour. Using the fine blade of a grinder, grind the pork. After lubricating stuffer or stuffing attachment with shortening, load casing onto attachment, clipping end with a clothespin. Stuff meat into casings, trying to avoid air pockets. After stuffing is finished lay out on counter and tie off end. Pinch and twist to form 4-inch sausages. Wrap in parchment paper and refrigerate for 2 to 3 hours. Store in refrigerator for use within 2 to 3 days or freeze for up to 3 months. If freezing, wrap in aluminum foil. If using immediately, saute over medium heat in a heavy saute pan with 1/4-inch of water. Bring water to boil, put on lid and cook for 10 minutes.
- ☐ Remove lid and continue cooking over medium heat, turning every 2 to 3 minutes until golden brown. Sausage should reach an internal temperature of 150 to 156 degrees F.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:9.0826086823059%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 123.78kcal (6.19%), Fat: 6.73g (10.35%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0g (0%), Cholesterol: 45.36mg (15.12%), Sodium: 438.52mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.23%), Selenium: 21.33µg (30.47%), Vitamin B1: 0.42mg (28.26%), Vitamin B6: 0.4mg (19.8%), Vitamin B2: 0.29mg (17.17%), Zinc: 2.56mg (17.05%), Vitamin B3: 3.34mg (16.69%), Phosphorus: 154.52mg (15.45%), Vitamin B5: 1.21mg (12.06%), Vitamin B12: 0.69µg (11.47%), Potassium: 265.76mg (7.59%), Vitamin K: 7.13µg (6.79%), Iron: 1mg (5.57%), Magnesium: 18.2mg (4.55%), Copper: 0.08mg (4.19%), Vitamin D: 0.45µg (3.02%), Manganese: 0.06mg (2.98%), Vitamin E: 0.33mg (2.21%), Calcium: 15.4mg (1.54%)