



Laura's Venison Breakfast Sausage

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



440 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon anise seed
- 0.5 pound pepper bacon cut into small pieces
- 1 teaspoon parsley dried
- 1 teaspoon fennel seed
- 1 tablespoon garlic powder
- 1 tablespoon ground chipotle
- 1 teaspoon ground mustard
- 1 pound ground venison

- 1 tablespoon onion powder
- 1 teaspoon pepper flakes red crushed
- 1 teaspoon salt
- 1 teaspoon monosodium glutamate (such as Ac'cent®)
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Equipment

- bowl
- meat grinder

Directions

- Thoroughly combine the venison, bacon, monosodium glutamate, garlic, onion, mustard, chipotle, salt, anise, fennel, red pepper flakes, and parsley in a large bowl. Grind the mixture through a small plate in a meat grinder. Refrigerate until ready to use.

Nutrition Facts

PROTEIN 30.3% **FAT 64.68%** **CARBS 5.02%**

Properties

Glycemic Index:2.5, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:19.210000012232%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 440.13kcal (22.01%), Fat: 31.32g (48.18%), Saturated Fat: 11.44g (71.47%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 3.82g (1.39%), Sugar: 0.38g (0.42%), Cholesterol: 128.14mg (42.71%), Sodium: 1085.94mg (47.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.01g (66.01%), Vitamin B1: 0.81mg (53.84%), Vitamin B3: 9.13mg (45.64%), Vitamin B12: 2.4µg (40.07%), Vitamin B6: 0.78mg (39.14%), Zinc: 5.75mg (38.32%), Selenium: 25.05µg (35.78%), Phosphorus: 339.88mg (33.99%), Iron: 4.49mg (24.95%), Vitamin B2: 0.4mg (23.78%), Potassium: 596.48mg (17.04%), Vitamin A: 765.1IU (15.3%), Copper: 0.24mg (12.12%), Vitamin E: 1.75mg (11.69%), Vitamin B5: 1.16mg (11.55%), Magnesium: 42.6mg (10.65%), Manganese: 0.17mg (8.37%), Fiber: 1.66g (6.62%), Calcium: 43.04mg (4.3%), Vitamin K: 4.45µg (4.24%), Folate: 8.2µg (2.05%), Vitamin D: 0.23µg (1.51%)