

Make-Ahead Seasoned Ground Beef and Sausage

 **Gluten Free**  **Dairy Free**

READY IN



85 min.

SERVINGS



20

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 lb ground beef 80% lean (at least)
- 1 lb sausage meat
- 1.5 cups onion chopped

Equipment

- frying pan
- aluminum foil
- ziploc bags

dutch oven

Directions

- In 4 1/2- to 5-quart Dutch oven, cook all ingredients over medium-high heat 10 to 15 minutes, stirring frequently, until browned.
- Cover; reduce heat to medium-low. Cook 5 to 6 minutes, stirring occasionally, until thoroughly cooked; drain. Cool 5 minutes.
- Line 15x10x1-inch pan with foil. Spoon mixture onto foil. Freeze about 1 hour, stirring once, until firm.
- Divide mixture into resealable freezer plastic bags with about 2 cups in each. Seal bags; label. Freeze up to 2 months.

Nutrition Facts


■ PROTEIN 25.17% ■ FAT 72.98% ■ CARBS 1.85%

Properties

Glycemic Index:2.75, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:7.3578260631665%

Flavonoids

Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 246.56kcal (12.33%), Fat: 19.64g (30.21%), Saturated Fat: 7.22g (45.13%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.51g (0.57%), Cholesterol: 64.64mg (21.55%), Sodium: 190.31mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.47%), Vitamin B12: 1.65µg (27.48%), Zinc: 3.36mg (22.38%), Vitamin B3: 3.96mg (19.78%), Vitamin B6: 0.3mg (15.18%), Selenium: 10.27µg (14.67%), Phosphorus: 141.6mg (14.16%), Iron: 1.6mg (8.87%), Vitamin B2: 0.13mg (7.74%), Potassium: 257.47mg (7.36%), Vitamin B1: 0.1mg (6.48%), Vitamin B5: 0.51mg (5.08%), Magnesium: 15.94mg (3.99%), Copper: 0.06mg (3.06%), Vitamin D: 0.36µg (2.42%), Vitamin E: 0.32mg (2.16%), Folate: 7.27µg (1.82%), Calcium: 17.05mg (1.7%), Vitamin K: 1.36µg (1.3%), Vitamin C: 1.05mg (1.27%), Manganese: 0.02mg (1.17%)