



Maple Breakfast Sausage



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon anise seed
- ☐ 2.5 teaspoons fennel seed
- ☐ 1.5 tablespoons sage fresh chopped
- ☐ 2.5 teaspoons garlic powder
- ☐ 2.5 pounds ground pork
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 2.5 teaspoons onion powder

- ☐ 2.5 teaspoons pepper flakes red
- ☐ 1 tablespoon salt

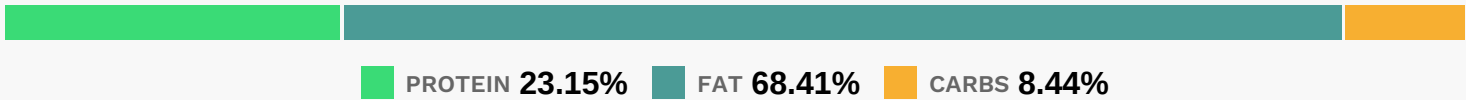
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix pork, maple syrup, sage, salt, fennel seed, red pepper flakes, garlic powder, onion powder, and anise seed in a large bowl until evenly blended. Shape pork into small patties.
- ☐ Heat olive oil in a large skillet over medium heat; fry patties in batches until pork is browned and no longer pink in the center, 4 to 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:1.67, Inflammation Score:-2, Nutrition Score:14.756521758826%

Nutrients (% of daily need)

Calories: 284.71kcal (14.24%), Fat: 21.39g (32.9%), Saturated Fat: 7.63g (47.72%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 5.43g (1.98%), Sugar: 4.09g (4.55%), Cholesterol: 68.04mg (22.68%), Sodium: 642.86mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.28g (32.56%), Copper: 2.33mg (116.62%), Vitamin B1: 0.71mg (47.09%), Selenium: 23.55µg (33.64%), Vitamin B3: 4.19mg (20.95%), Vitamin B6: 0.39mg (19.35%), Vitamin B2: 0.32mg (18.55%), Phosphorus: 173.59mg (17.36%), Zinc: 2.22mg (14.79%), Manganese: 0.29mg (14.48%), Vitamin B12: 0.66µg (11.02%), Potassium: 318.78mg (9.11%), Iron: 1.2mg (6.65%), Vitamin B5: 0.64mg (6.44%), Magnesium: 24.11mg (6.03%), Calcium: 35.36mg (3.54%), Vitamin A: 131.24IU (2.62%), Vitamin E: 0.33mg (2.21%), Fiber: 0.51g (2.03%), Folate: 5.42µg (1.35%), Vitamin K: 1.16µg (1.11%), Vitamin C: 0.89mg (1.08%)