



Maple Fennel Country Sausage Patties

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

READY IN



15 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon coarse salt
- 1 teaspoon fennel seeds
- 1 pound ground pork
- 2 tablespoons maple syrup
- 0.5 teaspoon pepper black
- 1 tablespoon vegetable oil

Equipment

- bowl

frying pan

Directions

- Watch how to make this recipe.
- Combine salt and pepper, fennel in the bottom of a bowl.
- Add pork and mix to combine spices.
- Pour 2 tablespoons maple syrup over the pork and work the meat again to combine the maple syrup. Form meat into patties, 2 to 3 inches round. Cook patties in 1 tablespoon oil in a nonstick skillet over medium high heat 4 or 5 minutes on each side.
- Drain sausage patties on towel lined plate, then serve.

Nutrition Facts

 **PROTEIN 21.8%** **FAT 70.1%** **CARBS 8.1%**

Properties

Glycemic Index:17.13, Glycemic Load:2.49, Inflammation Score:-1, Nutrition Score:12.209565155532%

Nutrients (% of daily need)

Calories: 357.65kcal (17.88%), Fat: 27.51g (42.33%), Saturated Fat: 9.45g (59.06%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.9g (2.51%), Sugar: 5.99g (6.66%), Cholesterol: 81.65mg (27.22%), Sodium: 646.26mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.49%), Vitamin B1: 0.84mg (55.93%), Selenium: 27.91µg (39.87%), Vitamin B3: 4.96mg (24.8%), Vitamin B2: 0.4mg (23.28%), Vitamin B6: 0.44mg (21.87%), Phosphorus: 201.28mg (20.13%), Zinc: 2.59mg (17.25%), Manganese: 0.31mg (15.37%), Vitamin B12: 0.79µg (13.23%), Potassium: 359.86mg (10.28%), Vitamin B5: 0.76mg (7.61%), Magnesium: 26.01mg (6.5%), Vitamin K: 6.66µg (6.34%), Iron: 1.13mg (6.29%), Calcium: 34.22mg (3.42%), Copper: 0.06mg (3.01%), Vitamin E: 0.28mg (1.87%), Folate: 5.71µg (1.43%), Vitamin C: 0.9mg (1.09%), Fiber: 0.26g (1.05%)