

food
network



HEALTH SCORE

56%

Muster Sausage (Basic)



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



1418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.5 teaspoon cinnamon
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 pound pork lard pure cut into 1-inch cubes
- ☐ 2 pounds pork casings washed
- ☐ 5 pounds boston butt pork shoulder lean cut into 1-inch cubes
- ☐ 4 tablespoons red wine vinegar

☐ 4 tablespoons salt

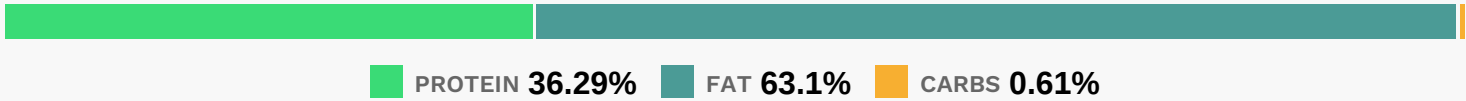
Equipment

☐ meat grinder

Directions

- ☐ Grind pork and fat on the 1/2-inch setting of a meat grinder or have your butcher do it for you.
- ☐ Mix the pork and fat together with your hands.
- ☐ Add salt, cinnamon, cloves, garlic, vinegar and pepper and mix well. Cover and refrigerate overnight.
- ☐ Stuff the pork casings with the pork mixture, tying the sausages at 5-inch intervals and refrigerate until ready to cook.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:46.370869779068%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1417.86kcal (70.89%), Fat: 96.88g (149.04%), Saturated Fat: 35.35g (220.94%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.04g (0.05%), Cholesterol: 476.67mg (158.89%), Sodium: 7432.41mg (323.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 125.37g (250.74%), Vitamin B1: 5.55mg (370.28%), Selenium: 186.15µg (265.93%), Vitamin B3: 29.58mg (147.92%), Vitamin B6: 2.77mg (138.6%), Phosphorus: 1301.42mg (130.14%), Zinc: 18.42mg (122.81%), Vitamin B2: 1.89mg (111.25%), Vitamin B12: 5.29µg (88.11%), Potassium: 2195.63mg (62.73%), Vitamin B5: 5.15mg (51.52%), Iron: 7.57mg (42.08%), Magnesium: 141.97mg (35.49%), Copper: 0.52mg (26.2%), Manganese: 0.52mg (26.17%), Calcium: 116.07mg (11.61%), Folate: 34.7µg (8.68%), Vitamin C: 5.94mg (7.19%), Vitamin K: 2.93µg (2.79%), Fiber: 0.64g (2.58%), Vitamin A: 54.11IU (1.08%)