



Nenni's Italian Pork Sausage



Gluten Free



Dairy Free

READY IN



600 min.

SERVINGS



27

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 feet rinsed
- ☐ 2 tablespoons parsley dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup fennel seed
- ☐ 3 tablespoons garlic powder
- ☐ 2 teaspoons ground pepper black
- ☐ 9 pounds boston butt pork shoulder cut into cubes
- ☐ 2 tablespoons pepper flakes red crushed

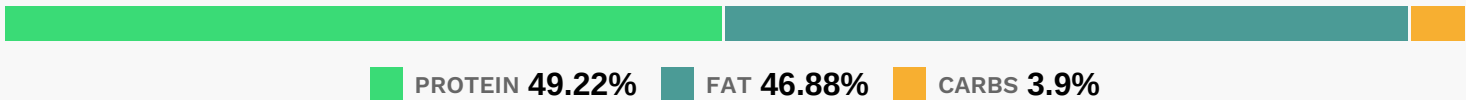
☐ 4 teaspoons salt

Equipment

Directions

- ☐ Combine the pork cubes with the garlic powder, fennel seed, red pepper flakes, salt, black pepper, and parsley; grind through a coarse plate.
- ☐ Mix in the white wine and grind again. Stuff into the rinsed hog casings, twisting into 4-inch lengths. Cover and refrigerate overnight to allow the seasonings to infuse into the meat before cooking or freezing.

Nutrition Facts



Properties

Glycemic Index:1.93, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:12.250869479516%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 6.67mg, Apigenin: 6.67mg, Apigenin: 6.67mg, Apigenin: 6.67mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg

Nutrients (% of daily need)

Calories: 181.95kcal (9.1%), Fat: 9.09g (13.98%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1g (0.36%), Sugar: 0.12g (0.13%), Cholesterol: 74.86mg (24.95%), Sodium: 436.96mg (19%), Alcohol: 0.46g (100%), Alcohol %: 0.5% (100%), Protein: 21.47g (42.94%), Vitamin B1: 0.83mg (55.61%), Selenium: 28.13µg (40.19%), Phosphorus: 210.5mg (21.05%), Vitamin B6: 0.42mg (20.97%), Vitamin B3: 4.15mg (20.77%), Zinc: 3.1mg (20.69%), Vitamin B2: 0.34mg (19.71%), Vitamin B12: 0.85µg (14.13%), Potassium: 365.09mg (10.43%), Iron: 1.64mg (9.11%), Vitamin B5: 0.78mg (7.76%), Magnesium: 26.29mg (6.57%), Copper: 0.13mg (6.43%), Manganese: 0.13mg (6.25%), Folate: 18.91µg (4.73%), Calcium: 42.41mg (4.24%), Vitamin A: 201.63IU (4.03%), Fiber: 0.7g (2.81%), Vitamin K: 2.94µg (2.8%), Vitamin E: 0.29mg (1.93%), Vitamin C: 1.12mg (1.35%)