



4%  
HEALTH SCORE

# Philippine Longanisa de Eugenio (Sweet Sausage)

 Gluten Free  Dairy Free

READY IN



73 min.

SERVINGS



9

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon garlic minced
- 0.3 teaspoon ground ginger
- 0.5 teaspoon pepper
- 2 pounds ground pork
- 1 teaspoon oregano dried
- 1 pound fat
- 0.5 teaspoon salt (Prague powder #1)

- 4.5 teaspoons salt fine
- 0.3 cup vinegar white
- 0.5 cup granulated sugar white


## Equipment

- bowl
- frying pan
- kitchen twine

## Directions

- In a small bowl, stir together sugar, oregano, ginger, pepper, salt, and curing salt until evenly combined; set aside.
- Mix together garlic, ground pork, and ground pork fat in a large bowl until combined.
- Sprinkle with spice mixture, pour in white vinegar, and mix thoroughly.
- Rinse the sausage casings very well until all of the salt or brine is gone; tie a knot at one end of the casing, then thread the other end onto a sausage stuffing tube. Stuff the casing with the sausage mixture, twisting the filled casing every 2 1/2 to 4 inches to form links. Once all of the sausage mixture has been used, tie the end of the last link.
- Using fine cotton kitchen twine, tie the ends of each sausage link tightly, then cut between each link to separate.
- Place into a glass or plastic container, cover, and allow to mature in the refrigerator for 4 days, after which point they may be frozen.
- To cook the longanisa, fill a skillet with 1/2 to 3/4 inches of water and add thawed sausages. Simmer over medium-high heat until the water evaporates, about 20 minutes. Uncover, and allow the sausages to fry in their own oil until golden brown, about 8 minutes more.

## Nutrition Facts

 PROTEIN 8.99%  FAT 84.9%  CARBS 6.11%

## Properties

Glycemic Index:20.79, Glycemic Load:7.86, Inflammation Score:-2, Nutrition Score:10.295652108996%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 766.13kcal (38.31%), Fat: 71.81g (110.48%), Saturated Fat: 27.7g (173.1%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 11.48g (4.17%), Sugar: 11.11g (12.35%), Cholesterol: 120.45mg (40.15%), Sodium: 1348.88mg (58.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Vitamin B1: 0.74mg (49.34%), Selenium: 25.18µg (35.96%), Vitamin B3: 4.4mg (21.98%), Vitamin B6: 0.4mg (20%), Phosphorus: 178.64mg (17.86%), Zinc: 2.3mg (15.32%), Vitamin B2: 0.24mg (14.2%), Vitamin B12: 0.71µg (11.76%), Potassium: 298.5mg (8.53%), Vitamin D: 1.26µg (8.4%), Vitamin B5: 0.68mg (6.82%), Iron: 1.02mg (5.69%), Magnesium: 20.39mg (5.1%), Manganese: 0.08mg (3.82%), Copper: 0.05mg (2.67%), Vitamin E: 0.34mg (2.3%), Calcium: 21.16mg (2.12%), Vitamin K: 1.58µg (1.5%), Folate: 5.62µg (1.4%), Vitamin C: 0.99mg (1.2%)