



## Pork Sausage



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



19

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons brown sugar
- 0.3 cup sage dried
- 0.1 teaspoon ground pepper red
- 2 tablespoons ground pepper black
- 6.5 pound pork shoulder roast boneless
- 0.3 cup salt

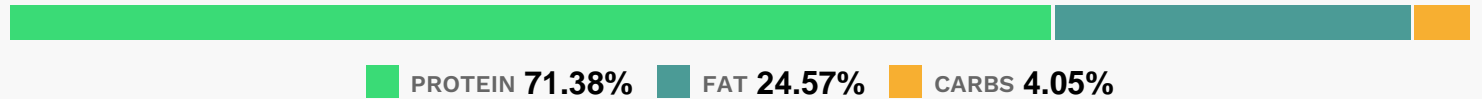
## Equipment

- meat grinder

## Directions

- Trim skin from pork roast, if necessary, and discard.
- Cut roast into chunks, and grind in a meat grinder.
- Stir in sage and remaining ingredients.
- Note: Pork shoulder roasts are often labeled Boston Butt. If you don't have a meat grinder, ask the butcher for assistance.

## Nutrition Facts



## Properties

Glycemic Index:3.37, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:19.981304234137%

## Nutrients (% of daily need)

Calories: 205.27kcal (10.26%), Fat: 5.37g (8.26%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.24g (1.38%), Cholesterol: 93.11mg (31.04%), Sodium: 1573.46mg (68.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.21%), Vitamin B3: 14.94mg (74.71%), Vitamin B1: 1.01mg (67.06%), Selenium: 40.11µg (57.3%), Vitamin B6: 1.14mg (56.91%), Vitamin B2: 0.72mg (42.63%), Phosphorus: 356.95mg (35.7%), Vitamin B12: 1.35µg (22.5%), Zinc: 3.06mg (20.43%), Potassium: 603.22mg (17.23%), Vitamin B5: 1.53mg (15.34%), Magnesium: 44mg (11%), Vitamin K: 10.67µg (10.16%), Iron: 1.62mg (9.02%), Copper: 0.13mg (6.62%), Manganese: 0.12mg (6.24%), Calcium: 24.92mg (2.49%), Fiber: 0.39g (1.56%), Vitamin E: 0.18mg (1.18%)