



Robert's Homemade Italian Sausage

 Gluten Free  Dairy Free

READY IN



505 min.

SERVINGS



24

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon aniseed
- 2 teaspoons pepper black
- 0.5 teaspoon ground pepper
- 0.1 teaspoon coriander seeds
- 0.3 teaspoon dehydrated onion dried minced
- 0.5 teaspoon parsley dried
- 0.3 cup wine dry red chilled
- 1.5 teaspoons fennel seeds

- 1 tablespoon garlic powder
- 0.1 teaspoon mace
- 1 pound ground pork lean
- 2 pounds pd of ground turkey
- 1 teaspoon oregano dried
- 2 teaspoons paprika
- 1 tablespoon sugar raw
- 0.5 teaspoon pepper red
- 0.3 teaspoon sea salt

Equipment

- bowl
- baking sheet
- whisk
- plastic wrap
- ziploc bags

Directions

- Pour the chilled red wine into a large bowl.
- Whisk in the sugar and salt until dissolved.
- Sprinkle in the garlic powder, oregano, black pepper, paprika, fennel seed, anise seed, parsley flakes, red pepper flakes, cayenne pepper, minced onion, coriander seed, and mace.
- Mix in the turkey breast and pork with your hands.
- Mix thoroughly so the seasonings are evenly distributed in the meat mixture.
- Line two or three baking sheets with plastic wrap.
- Roll the meat mixture into 1/4 cup balls, flatten to 1/2 inch thick, and place in a single layer on the baking sheet. Cover with another layer of plastic, and freeze until solid. Once solid, place patties into a resealable plastic bag to store.

Nutrition Facts



■ PROTEIN 50.33% ■ FAT 44.55% ■ CARBS 5.12%

Properties

Glycemic Index:3.92, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.8143478424653%

Flavonoids

Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 99.41kcal (4.97%), Fat: 4.82g (7.41%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.55g (0.61%), Cholesterol: 34.4mg (11.47%), Sodium: 55.31mg (2.4%), Alcohol: 0.26g (100%), Alcohol %: 0.55% (100%), Protein: 12.25g (24.5%), Vitamin B3: 4.53mg (22.66%), Vitamin B6: 0.41mg (20.52%), Selenium: 13.13µg (18.75%), Phosphorus: 122.43mg (12.24%), Vitamin B1: 0.17mg (11.02%), Zinc: 1.11mg (7.43%), Vitamin B12: 0.33µg (5.42%), Vitamin B2: 0.09mg (5.23%), Potassium: 182.38mg (5.21%), Vitamin B5: 0.47mg (4.7%), Magnesium: 16.41mg (4.1%), Iron: 0.61mg (3.41%), Vitamin A: 125.32IU (2.51%), Manganese: 0.05mg (2.39%), Copper: 0.04mg (1.95%), Folate: 4.59µg (1.15%), Fiber: 0.26g (1.04%), Vitamin D: 0.15µg (1.01%)