



## Rosemary and Mustard Breakfast Sausages

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

SIDE DISH

### Ingredients

- 1 teaspoon rosemary leaves fresh chopped
- 1 tablespoon olive oil
- 1 medium onion finely chopped
- 12 servings rosemary leaves fresh
- 14 ounce sausage
- 2 teaspoons coarse mustard whole

### Equipment

- bowl

- frying pan
- baking sheet
- paper towels
- oven

## Directions

- Heat oil in small skillet over medium-high heat.
- Add onion and chopped rosemary; sauté until golden, about 10 minutes.
- Transfer to medium bowl.
- Add sausage, mustard, and generous amount of freshly ground black pepper.
- Mix gently. Form into twelve 2-inch-diameter patties. Arrange sausages on heavy baking sheet. (Can be made 1 day ahead; chill.)
- Set rack at lowest position in oven and preheat to 500°F.
- Bake sausages until just cooked through, about 6 minutes. (If sausages have not browned, broil 2 minutes.)
- Transfer sausages to paper towels to drain, then arrange on platter.
- Garnish with rosemary sprigs and serve.

## Nutrition Facts

**PROTEIN 17.88%** **FAT 78.27%** **CARBS 3.85%**

## Properties

Glycemic Index:7.25, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.6591304320356%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 116.36kcal (5.82%), Fat: 10.04g (15.44%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.4g (0.44%), Cholesterol: 23.81mg (7.94%), Sodium: 220.17mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin B3: 1.58mg (7.9%), Vitamin B1: 0.1mg (6.47%), Vitamin B6: 0.12mg (5.81%), Zinc: 0.75mg (4.99%), Phosphorus: 48.87mg (4.89%), Vitamin B12: 0.28µg (4.69%), Potassium: 103.41mg (2.95%), Vitamin D: 0.43µg (2.87%), Vitamin B2: 0.04mg (2.64%), Iron: 0.47mg (2.63%), Vitamin B5: 0.24mg (2.44%), Magnesium: 6.86mg (1.72%), Vitamin E: 0.24mg (1.57%), Copper: 0.03mg (1.45%), Vitamin C: 1.13mg (1.37%), Fiber: 0.33g (1.34%), Manganese: 0.03mg (1.33%), Vitamin A: 55.06IU (1.1%)