



## Salami

 **Gluten Free**  **Dairy Free**

READY IN



**70 min.**

SERVINGS



**6**

CALORIES



**401 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon garlic minced
- 2 pounds ground beef
- 0.5 teaspoon coarsely ground pepper black
- 0.5 teaspoon ground mustard seed
- 2 tablespoons sugar-based curing mixture morton® tender quick® (such as )

## Equipment

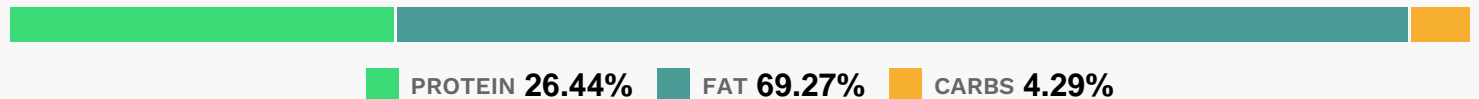
- bowl
- pot

aluminum foil

## Directions

- In a large bowl, mix together the ground beef, black pepper, garlic, mustard seed and curing salt until well blended. Divide into 2 or 4 rolls, wrap in aluminum foil, and refrigerate for 24 hours.
- Bring a large pot of water to a boil.
- Place the wrapped rolls in the water, and simmer for 1 hour over medium to low heat.
- Remove carefully, and poke holes in the foil to drain. Set aside to cool.
- Remove foil, and rewrap with new aluminum foil. Refrigerate until fully chilled, about 3 hours. Slice, and use for sandwiches, crackers, salads or just snacking.

## Nutrition Facts



## Properties

Glycemic Index:22.02, Glycemic Load:2.84, Inflammation Score:-1, Nutrition Score:12.669130497815%

## Nutrients (% of daily need)

Calories: 401.08kcal (20.05%), Fat: 30.32g (46.65%), Saturated Fat: 11.61g (72.55%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 4.15g (1.51%), Sugar: 4.01g (4.45%), Cholesterol: 107.35mg (35.78%), Sodium: 101.44mg (4.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.07%), Vitamin B12: 3.24µg (53.93%), Zinc: 6.34mg (42.24%), Selenium: 23.09µg (32.99%), Vitamin B3: 6.4mg (32.01%), Vitamin B6: 0.49mg (24.63%), Phosphorus: 240.92mg (24.09%), Iron: 2.97mg (16.51%), Vitamin B2: 0.23mg (13.27%), Potassium: 412.76mg (11.79%), Vitamin B5: 0.76mg (7.64%), Magnesium: 26.67mg (6.67%), Copper: 0.1mg (4.83%), Vitamin B1: 0.07mg (4.47%), Vitamin E: 0.63mg (4.2%), Calcium: 28.89mg (2.89%), Vitamin K: 3.01µg (2.86%), Folate: 10.89µg (2.72%), Manganese: 0.04mg (2.24%), Vitamin D: 0.15µg (1.01%)