



Sausage-Provolone Patties With Fried Eggs

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sage dried
- ☐ 2 tablespoons cooking wine dry white
- ☐ 6 large to 8 eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 0.8 pound pork tenderloin cut into 3/4-inch pieces
- ☐ 0.5 cup provolone cheese diced

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.8 teaspoon sugar
- ☐ 6 ounces bacon thick-cut cut into 3/4-inch pieces
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Put the bacon in a medium saucepan and fill with water. Bring to a simmer over medium heat and cook 20 minutes; drain, rinse under cold water and pat dry.
- ☐ Combine the bacon, pork tenderloin, wine, garlic, parsley, sage, red pepper flakes, sugar, 1/4 teaspoon salt and 1/2 teaspoon pepper in a large bowl; toss to combine. Cover and refrigerate at least 1 hour and up to 4 hours.
- ☐ Transfer the pork mixture to a food processor and pulse until coarsely chopped.
- ☐ Transfer to a bowl and stir in the cheese. Form into 8 to 10 patties, about 2 inches wide and 1/2 inch thick. Put on a plate, cover and refrigerate at least 1 hour.
- ☐ Heat the vegetable oil in a large nonstick skillet over medium heat.
- ☐ Add the sausage patties and cook until browned on both sides, 8 to 10 minutes.
- ☐ Transfer to a plate and tent with foil to keep warm. Crack the eggs into the hot skillet, season with salt and pepper and fry until just set, 2 to 3 minutes.
- ☐ Serve with the sausage patties.
- ☐ Photograph by Anna Williams

Nutrition Facts



 **PROTEIN 31.13%**  **FAT 66.47%**  **CARBS 2.4%**

Properties

Glycemic Index:21.76, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:11.820434859265%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 242.95kcal (12.15%), Fat: 17.43g (26.81%), Saturated Fat: 6.18g (38.61%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.61g (0.68%), Cholesterol: 186.87mg (62.29%), Sodium: 472.47mg (20.54%), Alcohol: 0.39g (100%), Alcohol %: 0.42% (100%), Protein: 18.36g (36.72%), Selenium: 29.95µg (42.79%), Vitamin B1: 0.49mg (32.97%), Phosphorus: 251.05mg (25.1%), Vitamin B6: 0.46mg (23.08%), Vitamin B2: 0.36mg (21.24%), Vitamin B3: 3.74mg (18.68%), Vitamin B12: 0.78µg (13.03%), Zinc: 1.82mg (12.11%), Vitamin K: 11.99µg (11.42%), Vitamin B5: 1.1mg (10.95%), Calcium: 89.43mg (8.94%), Potassium: 281.91mg (8.05%), Vitamin A: 363.77IU (7.28%), Iron: 1.27mg (7.08%), Vitamin D: 1µg (6.69%), Magnesium: 21.81mg (5.45%), Vitamin E: 0.79mg (5.26%), Folate: 19.33µg (4.83%), Copper: 0.08mg (3.97%), Manganese: 0.03mg (1.71%)