



Spiced Maple Sausage Patties

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

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 tablespoons sage fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 4 cloves garlic finely grated
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground coriander
- ☐ 1.8 pounds ground pork lean (not)
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 3 tablespoons maple syrup pure
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion dry grated
- ☐ 1 tablespoon paprika

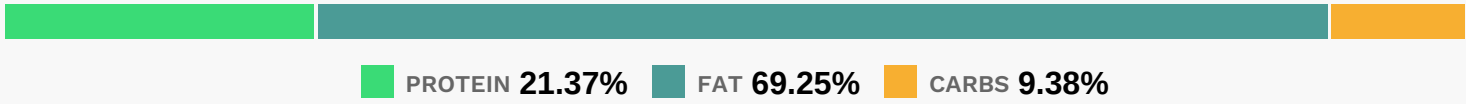
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Mix the pork, onion, garlic, sage, thyme, syrup, paprika, allspice, coriander, cayenne, 2 1/2 teaspoons salt and 1/2 teaspoon black pepper with your hands. Form into 18 patties, 2 inches wide and 1/2 inch thick; put on a foil-lined baking sheet, cover and chill overnight.
- ☐ The next day, preheat the oven to 350 degrees F.
- ☐ Heat 1 tablespoon olive oil in a skillet over medium-high heat. Cook half of the patties, turning once, until golden, about 5 minutes.
- ☐ Transfer to a baking sheet. Wipe out the skillet. Repeat with the remaining 1 tablespoon oil and patties, then transfer the patties to the oven to finish cooking, 5 to 10 minutes.
- ☐ Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:3.01, Inflammation Score:-8, Nutrition Score:20.61130410692%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 432.67kcal (21.63%), Fat: 33.06g (50.85%), Saturated Fat: 11.16g (69.74%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 8.96g (3.26%), Sugar: 6.64g (7.37%), Cholesterol: 95.25mg (31.75%), Sodium: 77.12mg (3.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.91%), Copper: 6.15mg (307.58%), Vitamin B1: 1mg (66.38%), Selenium: 33.02µg (47.17%), Vitamin B3: 5.93mg (29.65%), Vitamin B6: 0.58mg (28.86%), Manganese: 0.55mg (27.59%), Vitamin B2: 0.47mg (27.48%), Phosphorus: 244.88mg (24.49%), Zinc: 3.15mg (20.97%), Vitamin B12: 0.93µg (15.43%), Potassium: 476.39mg (13.61%), Vitamin A: 675.85IU (13.52%), Iron: 1.99mg (11.05%), Vitamin B5: 0.95mg (9.45%), Magnesium: 37.32mg (9.33%), Vitamin E: 1.04mg (6.94%), Calcium: 59.13mg (5.91%), Vitamin C: 4.46mg (5.4%), Fiber: 1.11g (4.43%), Vitamin K: 4.06µg (3.86%), Folate: 10.15µg (2.54%)