



Sunny's Sweet and Spicy Breakfast Sausage

 Gluten Free  Dairy Free

READY IN



129 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

Ingredients

- 4 teaspoons brown sugar
- 1 teaspoon pepper red crushed
- 0.5 teaspoon fennel seed with a knife or mortar and pestle crushed
- 1 teaspoon garlic powder
- 1 pound ground beef
- 0.3 teaspoon hungarian paprika
- 8 servings kosher salt and pepper black freshly ground
- 1 teaspoon olive oil

1 teaspoon onion powder

Equipment

bowl

frying pan

baking paper

meat tenderizer

Directions

In a small bowl, combine the brown sugar, onion powder, garlic powder, crushed red pepper, fennel seed, paprika, 1 teaspoon of salt, and 1/4 teaspoon pepper.

Break the beef into chunks and add to a large bowl.

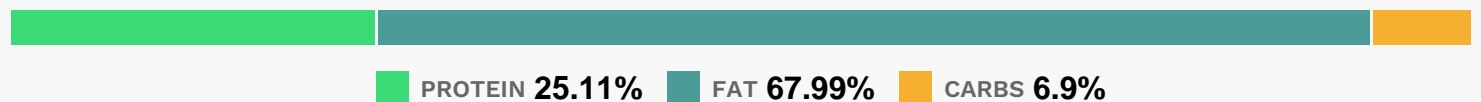
Sprinkle the seasoning evenly over the top then with your hand gently mix the beef until the seasoning is evenly distributed. Divide the mixture into 8 even portions and roll gently into balls.

Place back in the bowl and refrigerate for at least 1 hour.

Remove the sausage from the refrigerator and one by one place each ball between 2 sheets of parchment paper. Using a meat pounder, flatten out the sausage balls into 1/8-inch thick patties.

In a large saute pan or griddle over medium-high heat, add the olive oil and cook the sausage patties in batches. Sear on one side until caramelized and golden on the bottom, about 2 minutes, then flip to cook just a minute more on the other side.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:5.2247825232537%

Nutrients (% of daily need)

Calories: 159.69kcal (7.98%), Fat: 11.91g (18.32%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.99g (2.21%), Cholesterol: 40.26mg (13.42%), Sodium: 43.24mg (1.88%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Vitamin B12: 1.21µg (20.22%), Zinc: 2.41mg (16.07%), Selenium: 8.71µg (12.45%), Vitamin B3: 2.45mg (12.23%), Vitamin B6: 0.2mg (9.97%), Phosphorus: 93.74mg (9.37%), Iron: 1.24mg (6.87%), Vitamin B2: 0.09mg (5.2%), Potassium: 172.44mg (4.93%), Vitamin B5: 0.3mg (2.97%), Magnesium: 11.53mg (2.88%), Vitamin E: 0.42mg (2.81%), Copper: 0.04mg (2.23%), Vitamin A: 105.62IU (2.11%), Manganese: 0.04mg (2%), Vitamin B1: 0.03mg (1.91%), Vitamin K: 1.81µg (1.73%), Calcium: 16.03mg (1.6%), Folate: 4.44µg (1.11%), Fiber: 0.26g (1.02%)