



Tavella Family's Sausage

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



15

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons pickling spice
- 0.3 cup cooking wine dry red
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 1.5 tablespoons pepper
- 5 pounds ground pork butt (shoulder)
- 2 tablespoons salt

Equipment

- bowl
- frying pan
- baking sheet
- sieve
- grill

Directions

- In a 1- to 2-quart pan over high heat, bring wine and pickling spice to a boil.
- Remove from heat and let cool to room temperature, about 45 minutes.
- Pour through a strainer into a large bowl; discard solids.
- Add ground pork, salt, pepper, cinnamon, and nutmeg to bowl.
- Mix very thoroughly with your hands to distribute spices evenly.
- Shape about 1/3 cup (about 3 oz.) pork mixture into an oval-shaped patty about 1/2 inch thick.
- Place on a waxed paper-lined baking sheet. Repeat to shape remaining mixture into patties, stacking them in layers separated by sheets of waxed paper.
- Lay patties on a grill over medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds); close lid on gas grill. Cook patties, turning once, until browned on both sides and no longer pink in the center (cut to test), about 8 minutes total. (Alternatively, fry patties in a 10- to 12-inch frying pan over medium heat, turning as needed, until browned on both sides and no longer pink in the center, 10 to 15 minutes total.) Pile on a platter and serve.

Nutrition Facts

 **PROTEIN 25.91%**  **FAT 72.95%**  **CARBS 1.14%**

Properties

Glycemic Index:7.47, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:15.036956377651%

Flavonoids

Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 1.05mg, Malvidin: 1.05mg, Malvidin: 1.05mg, Malvidin: 1.05mg

Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 405.06kcal (20.25%), Fat: 32.11g (49.4%), Saturated Fat: 11.94g (74.6%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.05g (0.06%), Cholesterol: 108.86mg (36.29%), Sodium: 1015.18mg (44.14%), Alcohol: 0.42g (100%), Alcohol %: 0.33% (100%), Protein: 25.66g (51.32%), Vitamin B1: 1.11mg (73.92%), Selenium: 37.26µg (53.23%), Vitamin B3: 6.6mg (33%), Vitamin B6: 0.59mg (29.41%), Phosphorus: 266.79mg (26.68%), Zinc: 3.36mg (22.39%), Vitamin B2: 0.36mg (21.18%), Vitamin B12: 1.06µg (17.64%), Potassium: 451.48mg (12.9%), Vitamin B5: 1.03mg (10.25%), Iron: 1.66mg (9.21%), Manganese: 0.16mg (8.18%), Magnesium: 31.79mg (7.95%), Vitamin K: 5.13µg (4.89%), Copper: 0.08mg (4.11%), Calcium: 37.02mg (3.7%), Folate: 9.28µg (2.32%), Fiber: 0.55g (2.2%), Vitamin C: 1.08mg (1.31%)