

Venison Breakfast Sausage



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 ounces bacon minced
- 0.5 teaspoon ground ginger
- 1 teaspoon ground sage
- 1 pound ground venison
- 0.8 teaspoon onion salt
- 0.3 teaspoon pepper

Equipment

- bowl

frying pan

Directions

Combine the venison, bacon, sage, ginger, pepper, and onion salt in a large bowl; mix well. Shape into 12 patties using about 1/4 cup of mixture per patty. Patties can either be pan-fried or frozen for later use.

Nutrition Facts


PROTEIN 31.34% **FAT 67.68%** **CARBS 0.98%**

Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:5.3934782461628%

Nutrients (% of daily need)

Calories: 138.57kcal (6.93%), Fat: 10.2g (15.7%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0g (0%), Cholesterol: 42.71mg (14.24%), Sodium: 298.84mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.63g (21.26%), Vitamin B1: 0.26mg (17.27%), Vitamin B3: 2.92mg (14.62%), Vitamin B12: 0.8µg (13.36%), Zinc: 1.81mg (12.1%), Vitamin B6: 0.23mg (11.33%), Selenium: 7.63µg (10.9%), Phosphorus: 103.41mg (10.34%), Vitamin B2: 0.12mg (7.3%), Iron: 1.21mg (6.7%), Potassium: 163.93mg (4.68%), Vitamin B5: 0.37mg (3.67%), Copper: 0.06mg (3.1%), Magnesium: 10.49mg (2.62%), Manganese: 0.04mg (2.05%), Vitamin E: 0.25mg (1.68%)