



Your Own Blended Pork Sausage and Fried Eggs

READY IN



25 min.

SERVINGS



6

CALORIES



366 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup breadcrumbs toasted
- 1 tablespoon canola oil
- 0.5 teaspoon cayenne pepper
- 1 teaspoon chile flakes
- 4 to 6 eggs
- 1 teaspoon fennel seeds toasted
- 1 pound ground pork lean (but not too)
- 6 servings kosher salt

- 0.5 cup parmesan finely grated
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- kitchen towels
- spatula
- slotted spoon

Directions

- Watch how to make this recipe.
- Put the meat in a large bowl and mix together with your hands.
- Add a good pinch of kosher salt, the chile flakes, fennel seeds, cayenne, breadcrumbs, and Parmesan.
- Mix to blend and then form the meat into small 2-inch patties.
- Heat the canola oil in a large skillet over high heat. When the oil begins to smoke lightly, shut off the heat to avoid splattering, and add the meat patties in a single layer in the pan. Take care they are spread somewhat apart so they have a chance to brown instead of steam.
- Put the heat back on high and brown them, turning them so they brown all around, 3 to 5 minutes on each side. Touch them to make sure they are still tender and somewhat yielding in the center. Use a slotted spoon or spatula to remove them from the pan.
- Transfer the patties to a platter or individual plates.
- Use a kitchen towel to wipe clean the skillet, put the heat on medium, and add the butter. When it begins to brown, crack 2 eggs, a distance apart, into the butter. Lower the heat, season the eggs lightly with salt, and cook 2 to 3 minutes or longer, if desired. Repeat with additional eggs.
- Put the eggs on the patties and serve immediately.

Nutrition Facts



■ PROTEIN 22.98% ■ FAT 68.84% ■ CARBS 8.18%

Properties

Glycemic Index:9.83, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:13.327391308287%

Nutrients (% of daily need)

Calories: 365.69kcal (18.28%), Fat: 27.68g (42.59%), Saturated Fat: 10.93g (68.3%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.7g (2.43%), Sugar: 0.78g (0.86%), Cholesterol: 179.25mg (59.75%), Sodium: 483.48mg (21.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.59%), Selenium: 31.88µg (45.54%), Vitamin B1: 0.66mg (43.89%), Phosphorus: 267.29mg (26.73%), Vitamin B2: 0.38mg (22.53%), Vitamin B3: 4mg (19.98%), Vitamin B6: 0.37mg (18.53%), Zinc: 2.44mg (16.24%), Vitamin B12: 0.93µg (15.49%), Calcium: 148.72mg (14.87%), Vitamin B5: 1.05mg (10.5%), Vitamin A: 514.03IU (10.28%), Iron: 1.82mg (10.09%), Potassium: 299.42mg (8.55%), Folate: 28.19µg (7.05%), Magnesium: 27.55mg (6.89%), Vitamin E: 1.03mg (6.85%), Manganese: 0.13mg (6.58%), Vitamin D: 0.7µg (4.66%), Copper: 0.09mg (4.46%), Vitamin K: 3.3µg (3.14%), Fiber: 0.7g (2.8%)