

Black Pudding

Yield: 3 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-blood-recipe-italian>

Ingredients:

- 4 cups pork blood fresh
- 2 1/2 teaspoons salt
- 1 cup pinhead oatmeal steel-cut
- 2 cups fresh pork fat finely diced, or beef suet, finely chopped
- 1 yellow onion large, finely chopped
- 1 cup milk
- 1 1/2 teaspoons black ground pepper freshly
- 1 teaspoon ground allspice

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 2100 milligrams
9. Sugar: 7 grams

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