

Perfect Breakfast Sausage

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-using-ground-pork-italian-sausage-and-chorizo>

Ingredients:

- ground chicken
- ground beef
- Italian sausage
- 1 pound ground pork
- 1 pound ground turkey
- 2 teaspoons dried thyme
- 2 teaspoons dried sage
- 1 tablespoon garlic powder
- 1 tablespoon fennel seeds
- 1 1/2 teaspoons red pepper flakes
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon ground cinnamon
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/3 cup maple syrup
- 2 tablespoons olive oil if cooking on stove top

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 95 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 8 grams
8. Sodium: 640 milligrams
9. Sugar: 8 grams

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