

Breakfast Burger

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/sausage-meat-swiss-roll-recipe>

Ingredients:

- 1 onion roughly chopped
- 1 ketchup tablespoon
- 2 teaspoons worcestershire sauce
- 1/2 teaspoon sweet paprika
- 3/4 pound sausage meat free-range seasoned
- 1 egg yolk
- 2 teaspoons dried sage
- chives handful of finely chopped
- ground black pepper freshly
- 4 English muffins cut in half

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 140 milligrams
4. Fat: 40 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 13 grams
8. Sodium: 1680 milligrams
9. Sugar: 3 grams
10. TransFat: 1.5 grams

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