

Lower Sodium Breakfast Sausage



Serving Size

1 patty



Skill Level

Easy



Diet Type

Dialysis

Ingredients

- 24 ounces 96% lean ground pork
- 1 tsp ground sage
- 1 tsp smoked paprika
- 1/2 tsp thyme
- 2 tsp Worcestershire

Directions

1. In a bowl mix all ingredients (sage, paprika, thyme, Worcestershire sauce, and ground pork.)
2. Once mixed, portion into 8 patties.
3. In a greased pan, cook patties over low heat.
4. Cook patties until reaching a internal temperature of 160.

Nutrition Facts

Serving: 8

Amount per serving

Calories 160

Sodium	105 mg
Potassium	290 mg
Phosphorus	245 mg
Carbohydrates	1 g
Protein	25 g