AMERICAN · BREAKFAST

Sugar-Free Pork Breakfast Sausage Patties

25 min · Makes 6 × 2 small patties · 255 kcal a portion · Video 3:26 · CarnivorousChef

Carnivore · Gluten-free ingredients · Dairy-free · Nut-free

Just pork, salt and dried herbs, with no sugar, dextrose or fillers: two patties give about 22 g of protein and are rich in selenium and zinc. Like any sausage they are well salted.

Diet notes: Keto (0.3 g net carbs a serve).

Scan for the video, full nutrition and more free recipes

Ingredients

7 · MAKES 6 × 2 SMALL PATTIES

- [ ] 680 g **ground pork**
- [ ] 2 tsp **salt**
- [ ] 2 tsp **ground dried sage**
- [ ] 1½ tsp **dried thyme leaves**
- [ ] ½ tsp **dried rosemary**
- [ ] ½ tsp **ground black pepper**
- [ ] ½ tsp **crushed red pepper flakes**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put 2 tsp sage, 1½ tsp thyme, ½ tsp rosemary, ½ tsp black pepper, 2 tsp salt and ½ tsp red pepper flakes in a large bowl and stir them together. 0:26
2. Add the 680 g ground pork and mix it in well, working and slapping it against the bowl with a fork for a few minutes until the seasoning is evenly spread through the meat. 0:50
3. Shape the mixture into small patties (or links if you prefer). 1:02
4. Sear the patties in a frying pan over medium heat, turning once, until browned on both sides and cooked through with no pink in the middle. Serve hot with eggs. 1:06

Tip Shop sausage often contains sugar or dextrose; this has none. Serves 6 (12 small patties) is our estimate. The written recipe says 1 tbsp salt, but the cook uses 2 tsp in the video, which we follow.

The method is a summary in our words — the video shows every step.

One portion (2 small patties) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
255 kcal	22 g	0.7 g	0.4 g	18 g	840 mg
1,070 kJ	44% of a day	0.3 g net · 0 g sugars	1% of a day	6.6 g saturated	36% of a day
		0% of a day		23% of a day	

Energy from net carbs 0% · protein 35% · fat 65% — fits keto: 0.3 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Selenium 55% · Zinc 25% · Vitamin B6 20%

Source of (10–19%) Vitamin B12 19%

Recipe and video: CarnivorousChef (@CarnivorousChef) on YouTube — youtube.com/watch?v=pxDDcmUGz4o, published 21 July 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-pork-breakfast-sausage-patties