

Jan's Savory Breakfast Sausage Patties (Paleo)

Very simple, fresh-tasting, and preservative-free sausage. You can easily adjust the spices to your taste preferences. Make plenty and freeze ahead! Defrosting takes only 1 minute in a microwave on high power.

Recipe by [Jamie Mitchell](#) | Created on **Nov 13, 2021**

Ingredients

- 3 pounds ground pork
- 1 tablespoon molasses
- 1 tablespoon kosher salt
- 2 teaspoons ground black pepper, or to taste
- 1 ½ teaspoons dried sage
- 1 ½ teaspoons dried thyme
- 1 teaspoon red pepper flakes
- 1 teaspoon onion powder
- 1 teaspoon chopped fresh parsley
- ¾ teaspoon ground nutmeg
- ½ teaspoon fennel seeds
- ½ teaspoon ground cayenne
- ½ teaspoon ground allspice

Directions

- Combine pork, molasses, salt, black pepper, sage, thyme, red pepper flakes, onion powder, parsley, nutmeg, fennel seeds, cayenne, and allspice in a large bowl; mix well by hand.
- Divide pork mixture into 16 portions; shape into patties 1/4-inch thick.
- Heat a nonstick skillet over medium heat; pan-fry patties, in batches, until golden and no longer pink in the center, about 5 minutes per side.

Nutrition Facts

Serving: **16 patties** | Calories: **181.5 kcal** | Carbohydrates: **1.6 g** | Protein: **15.2 g** | Saturated fat: **4.6 g** | Cholesterol: **55.2 mg** | Sodium: **403.8 mg** | Fiber: **0.3 g** | Sugar: **0.8 g**

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