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## Sausage Patty

Sausage patty is a delicious breakfast dish made with ground sausage meat. It is typically served with eggs and toast. This recipe provides a step-by-step guide on how to make homemade sausage patties that are juicy and flavorful.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	ground sausage
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>0.5 tsp</b>	garlic powder
<b>0.5 tsp</b>	onion powder

<b>0.5 tsp</b>	paprika
<b>0.5 tsp</b>	dried sage
<b>0.5 tsp</b>	dried thyme
<b>1 tbsp</b>	vegetable oil

## Directions

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### Step 1

Mixing

In a large bowl, combine the ground sausage, salt, black pepper, garlic powder, onion powder, paprika, dried sage, and dried thyme.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

Mix the ingredients together until well combined.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Shaping

Divide the mixture into 8 equal portions and shape them into patties.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 4

Stove

Heat vegetable oil in a skillet over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

## Step 5

Stove

Cook the sausage patties for about 4-5 minutes on each side, or until cooked through and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 8 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 25 g

**Protein:** 20 g

**Carbohydrates:** 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Meal Type

Breakfast Brunch Lunch Dinner Snack

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Course

Appetizers Main Dishes Side Dishes Salads

### Difficulty Level

Medium

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