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## 3 Herb Breakfast Patties ♦

These 3 Herb Breakfast Patties are a delicious and savory way to start your day. Made with a blend of fresh herbs, these patties are packed with flavor and are perfect for breakfast or brunch. They are easy to make and can be enjoyed on their own or served with eggs, toast, or your favorite breakfast sides. Give them a try and add some herb-infused goodness to your morning routine!

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

500 g	ground pork
20 g	fresh parsley
10 g	fresh sage
10 g	fresh thyme

1 tsp	salt
0.5 tsp	black pepper
0.5 tsp	garlic powder
0.5 tsp	onion powder
0.5 tsp	paprika
0.25 tsp	cayenne pepper

## Directions

### Step 1

#### Mixing

In a large mixing bowl, combine ground pork, fresh parsley, fresh sage, and fresh thyme. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

Add salt, black pepper, garlic powder, onion powder, paprika, and cayenne pepper to the bowl. Mix until all ingredients are evenly distributed.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 3

### Shaping

Shape the mixture into patties, about 75 grams each. You should be able to make 4 patties.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 4

### Frying

Heat a skillet over medium heat. Cook the patties for about 5-7 minutes on each side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 14 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 18 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	1 g	2.63%	4%
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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	18 g	64.29%	72%
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	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Winter

Spring

Summer

Fall

## Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

## Meal Type

Breakfast

Brunch

## Difficulty Level

Easy

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