



*These breakfast pork patties are versatile, portable, and ideal for a quick protein on the go. The recipe makes 16 patties, each with about 8 grams of protein. If you enjoy a little heat, add a pinch of cayenne pepper for an extra kick.*

## INGREDIENTS

- 1 lb Ground pork
- 1 tsp Ground sage
- 1 tsp Onion powder
- 1 tsp Black pepper
- 1/2 tsp Dried thyme
- 1/2 tsp Garlic powder
- 1/2 tsp Pink Himalayan salt

## INSTRUCTIONS

1. In a bowl, combine all ingredients and mix well.
2. Shape the mixture into 16 balls, then press each one gently to form a flat nugget.
3. Heat a large (12-inch) stainless steel skillet over medium heat. (If your skillet is smaller, cook in two batches.)
4. Place the nuggets in the skillet close together and cook until browned, about 2–3 minutes per side, or until the internal temperature reaches 160°F.

### **Nutrition** (Based on 2000kcal)

347kcal/serving | **Macros:** Net Carbs 0.9 g (0.4 g fiber), Protein 31.0 g, Fat 24.3 g (8.5 g saturated)

**Good source (10-19% DV):** Omega-3, B5 (pantothenic acid), iron, potassium.

**Excellent source (>20% DV):** Protein, B1 (thiamin), B2 (riboflavin), B3 (niacin), B6 (pyridoxine), B12 (cobalamin), Phosphorus, Selenium, Sodium, Zinc.