

Chicken Sausage

YIELD: ~10 SAUSAGES



Photo of actual product after making.

Ingredients

WHOLE FOODS

- 650 g** Chicken breast (boneless, skinless)
- 80 g** Apples (diced)
- 60 g** Onions (diced)
- 50 g** Simple Cellulose

SPICES

- 10 g** Granulated sugar
- 5 g** Salt
- 0.5 g** Black pepper
- 0.5 g** Paprika
- 0.4 g** Fennel Seed

Instructions

Grind chicken breast and Simple Cellulose with [Kitchen Aid] attachment using fine (1/4") grinding plate.

Add remaining ingredients and mix well. Grind again through fine grinding plate.

Rinse natural casings in cold water.

Using [Kitchen Aid] attachment, stuff sausages into casing.

Hold refrigerated or frozen.

Nutrition Facts

Serving size (213g)

Amount Per Serving
Calories 220

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 480mg	21%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 37g	74%
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 603mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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