

Sausage Sliders



Servings: 4

1 pound ground pork
1 teaspoon salt
1 teaspoon fennel seeds
1/4 teaspoon red pepper flakes,
optional
1 tablespoon paprika
3 green onions, sliced
8 sliders buns

In a bowl combine ground pork, salt, fennel seeds, red pepper flakes, paprika, and green onions. Mix until fully combined.

Form the ground pork mixture into 8 small patties. Place on a baking tray lined with parchment paper.

Bake your patties in a 350°F oven for 30 minutes or until they reach an internal temperature of 145°F.

Place your sausage patties on to buns and top with desired toppings.

Serve

Per Serving (excluding unknown items): 147 Calories; 5g Fat (29.4% calories from fat); 24g Protein; 2g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 658mg Sodium; 1g Total Sugars; trace Vitamin D; 32mg Calcium; 1mg Iron; 415mg Potassium; 226mg Phosphorus. Exchanges: .