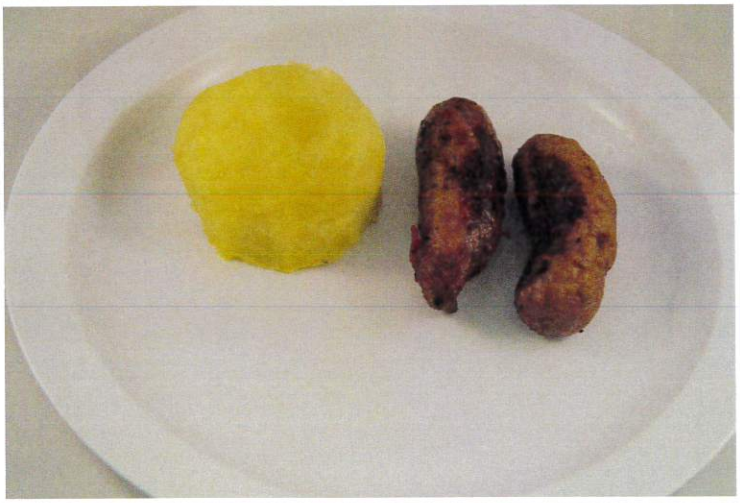
Pork Sausage



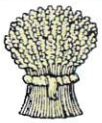
Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Pork Sausages	75 g	750 g	3.75 kg	7.5 kg	15 kg

Method

Lightly grease roasting tins with oil.
Place Sausages into the roasting tin, leaving a little space between each.
Cook in pre-heated oven at 200c for 30 - 40 mins until lightly browned and the core temperature exceeds 75c
Drain thoroughly.
Serve in shallow gastronom tin ensuring service temperature exceeds 63c.
Serve 2 to a portion.

Assembled Tags


Contains Wheat

Nutrition

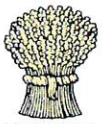
Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	166.44kcal	292kcal
Fat	12.77g	22.4g
Satd FA /100g fd	4.67g	8.19g
Carbohydrate	3.59g	6.3g
Protein	9.58g	16.81g
Non Milk Extrinsic Sugar	0.46g	0.81g
Vitamin C	4.56mg	8mg
Zinc	0.8mg	1.4mg
Iron	0.68mg	1.19mg
Folate	4.56µg	8µg
Calcium	102.6mg	180mg
Sodium	478.8mg	840mg
Salt	1.2g	2.11g
Total sugars	0.51g	0.89g

Pork Sausage

Calories	Fat	Saturates	Sugars	Salt
166.4	12.8g	4.7g	0.5g	1.2g
8%	18%	24%	<1%	20%

Standard Size: Ptn

Allergen Assembled Tags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