

NUTRITIONAL FACTS

ANNABELLE'S KITCHEN

(4) 1 lb. Sweet Pork Links

Nutrition Facts	
Serving Size 3 oz. (85g)	
Servings Per Container About 20	
Amount Per Serving	
Calories 210 Calories from Fat 150	
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 620mg	26%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Preparation Instructions: Thaw sausages in the refrigerator before cooking. Cook sausages within 3 days of thawing.

Pan-Sear: Place sausages in a skillet with 1/4 inch of water. Cook over medium heat, turning sausages occasionally, for about 6 minutes, or until water evaporates. Continue cooking sausages, turning frequently, for an additional 6-8 minutes, or until browned all over and cooked through.

Grill: Prepare covered grill for medium-low heat. Grill sausages with grill lid closed, turning sausages frequently, for 15-20 minutes, or until sausages are browned all over and cooked through (closing grill lid while cooking helps minimize flare-ups). **Broil:** Preheat oven broiler with rack 8-10 inches from heat source. Place sausages on a broiler pan or foil-lined sheet pan. Broil sausages, turning every 4 minutes, for 10-12 minutes total, or until sausages are browned all over and cooked through.

Ingredients: Pork, water, sea salt, spices, paprika, vinegar, natural flavors.

Packed in a hog casings.

NUTRITIONAL FACTS

ANNABELLE'S KITCHEN

(4) 1 lb. Hot Pork Links

Nutrition Facts	
Serving Size: About 20	
Servings Per Container: 3 oz. (85g)	
Amount Per Serving	
Calories 210 Calories from Fat 140	
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 680mg	28%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	
Vitamin A 8%	• Vitamin C 0%
Calcium 2%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	

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Packed in a hog casings.