## Copilot

Sure, here are the key attributes of Boar's Head Pre-Cooked Sausage Patties:

1. **Quality**: The sausage patties are crafted from all natural pork [1].
2. **Flavor**: They are expertly seasoned with a blend of spices including sea salt, turbinado sugar, and a hint of sage for an incredibly savory flavor [1].
3. **Cooking**: The sausage patties are fully cooked and ready to heat and serve [1].
4. **Dietary Attributes**: They are gluten-free, have no MSG, no caramel color, no fillers, and no nitrates or nitrites [1].
5. **Nutritional Information** per serving [1]:
   * Calories: 180
   * Total Fat: 17g
   * Saturated Fat: 6g
   * Trans Fat: 0g
   * Cholesterol: 20mg
   * Sodium: 450mg
   * Total Carbohydrate: 1g
   * Sugars: 1g
   * Protein: 6g

Please note that this is not a reduced calorie food [1]. Enjoy your sausage patties! 😊

Source: Conversation with Bing, 5/13/2024

1. [All Natural\* Pork Sausage Patties | Boar's Head](https://boarshead.com/products/detail/1033459490-boars-head-breakfast-all-natural-pork-sausage)
2. [Boars Head Pork Breakfast Sausage Patties - 6 Oz - Safeway](https://www.safeway.com/shop/product-details.970020321.html)
3. [Boar’s Head Breakfast Pork Sausage, 6 oz - Kroger](https://www.kroger.com/p/boar-s-head-all-natural-breakfast-pork-sausage-patties/0004242114029)
4. [Boar's Head Breakfast Pork Sausage Patties Fully Cooked - 4 ct](https://stopandshop.com/groceries/meat/bacon-breakfast-sausages/breakfast-sausage/boars-head-breakfast-pork-sausage-patties-fully-cooked-4-ct-6-oz-pkg.html)