



## Abiquiu Smoked Chicken Sausages in Cornhusks

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.3 cup fire-roasted hatch chile peppers hot
- ☐ 0.3 teaspoon new mexico chile powder green such as rancho de chimayo or your favorite brand
- ☐ 0.3 cup regular corn cream-style
- ☐ 4 servings flour tortillas soft for serving
- ☐ 2 large cloves garlic minced
- ☐ 3 pounds ground chicken

- ☐ 2 tablespoons new mexico honey
- ☐ 4 servings pico de gallo for serving
- ☐ 2 teaspoons sea salt
- ☐ 2 tablespoons onion sweet chopped
- ☐ 16 cornhusks dry for 20 minutes
- ☐ 16 cornhusks dry for 20 minutes

## Equipment


- ☐ bowl
- ☐ grill
- ☐ kitchen twine

## Directions

- ☐ Mix the sea salt, chile powders, and black pepper together in a large bowl.
- ☐ Add the ground chicken, corn, onion, garlic, Hatch peppers, and honey and combine with your hands until the meat is evenly seasoned.
- ☐ Remove the cornhusks from the water and place them on a cotton towel to absorb excess water.
- ☐ Heat your grill or smoker to 250°F.
- ☐ Form a sausage cylinder with your hands, using about 6 ounces of the sausage mixture. Set the sausage aside on a plate and repeat until you have 8 sausages.
- ☐ Place each sausage on a wet cornhusk, top with a second cornhusk, wrap the cornhusks around the sausage, and tie each end with twine.
- ☐ Smoke for 1 1/2 to 2 hours, or until done.
- ☐ Serve with homemade pico de gallo or your favorite salsa and a soft corn or flour tortilla. You can eat them as a wrap or tostada style with a fork.
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## Nutrition Facts



 **PROTEIN 38.32%**  **FAT 41.5%**  **CARBS 20.18%**

Properties

Glycemic Index:48.32, Glycemic Load:9.83, Inflammation Score:-5, Nutrition Score:31.524782657623%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 646.56kcal (32.33%), Fat: 30.16g (46.4%), Saturated Fat: 8.75g (54.67%), Carbohydrates: 33g (11%), Net Carbohydrates: 31.04g (11.29%), Sugar: 13.08g (14.53%), Cholesterol: 292.57mg (97.52%), Sodium: 1788.31mg (77.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.68g (125.35%), Vitamin B3: 20.67mg (103.37%), Vitamin B6: 1.86mg (92.75%), Phosphorus: 689.07mg (68.91%), Selenium: 41.95µg (59.92%), Vitamin B2: 0.93mg (54.96%), Potassium: 1912.13mg (54.63%), Vitamin B5: 3.86mg (38.64%), Vitamin B1: 0.54mg (36.04%), Zinc: 5.37mg (35.8%), Vitamin B12: 1.91µg (31.75%), Iron: 4.32mg (23.98%), Manganese: 0.47mg (23.42%), Magnesium: 87.64mg (21.91%), Vitamin C: 16.25mg (19.69%), Copper: 0.31mg (15.43%), Folate: 44.63µg (11.16%), Vitamin K: 8.82µg (8.4%), Fiber: 1.97g (7.87%), Calcium: 78.29mg (7.83%), Vitamin E: 1.06mg (7.09%), Vitamin A: 244.39IU (4.89%)