



Andouille Corn Poppers

READY IN



30 min.

SERVINGS



8

CALORIES



456 kcal

SIDE DISH

Ingredients

- ☐ 1 pound andouille sausage cut into 1-inch slices*
- ☐ 0.5 cup buttermilk
- ☐ 8.5 oz corn muffin mix
- ☐ 8 servings dijon mustard
- ☐ 1 teaspoon creole seasoning
- ☐ 1 large eggs
- ☐ 8 servings vegetable oil; peanut oil preferred

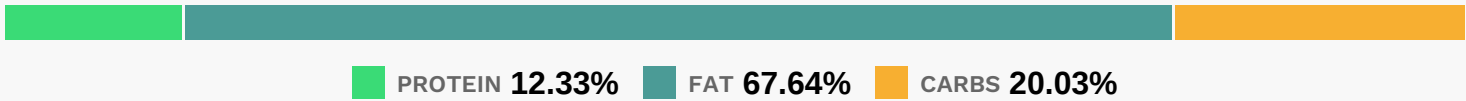
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Whisk together corn muffin mix and next 3 ingredients. Dip sausages slices in batter, coating well.
- ☐ Pour oil to depth of 1 inch into a Dutch oven; heat over medium-high heat to 37
- ☐ Fry sausages, in batches, 1 1/2 minutes on each side or until golden brown.
- ☐ Drain on paper towels. Keep warm on a wire rack in an aluminum foil-lined jelly-roll pan in a 200 oven.
- ☐ Serve with mustard.
- ☐ *1 (16-oz.) package cocktail-size smoked sausages, drained, may be substituted. For testing purposes only, we used Bryan Cocktail Smokies.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:10.223912991907%

Nutrients (% of daily need)

Calories: 456.02kcal (22.8%), Fat: 34.4g (52.92%), Saturated Fat: 8.81g (55.03%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 20.68g (7.52%), Sugar: 7.6g (8.44%), Cholesterol: 74.26mg (24.75%), Sodium: 787.32mg (34.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.22%), Phosphorus: 263.03mg (26.3%), Selenium: 17.62µg (25.17%), Vitamin B3: 4.54mg (22.72%), Vitamin B1: 0.29mg (19.57%), Vitamin E: 2.92mg (19.5%), Vitamin B2: 0.24mg (14.22%), Vitamin B12: 0.71µg (11.79%), Zinc: 1.74mg (11.59%), Iron: 1.65mg (9.17%), Fiber: 2.24g (8.96%), Vitamin B6: 0.17mg (8.74%), Folate: 32.88µg (8.22%), Potassium: 269.36mg (7.7%), Vitamin D: 1.11µg

(7.43%), Vitamin B5: 0.72mg (7.23%), Manganese: 0.13mg (6.3%), Magnesium: 21.33mg (5.33%), Calcium: 46.54mg (4.65%), Vitamin A: 223.96IU (4.48%), Copper: 0.08mg (3.94%), Vitamin K: 1.94µg (1.85%)