



Andouille Mini Dogs

 Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

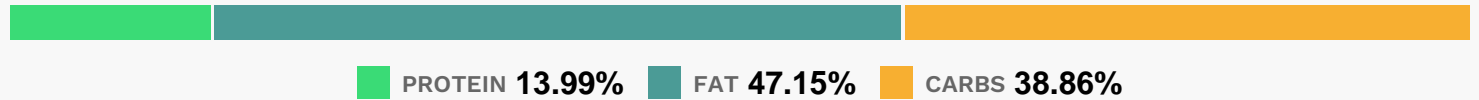
- 12 oz cocktail-size sausages smoked cajun-style miniature
- 25 servings dijon mustard
- 9.3 oz dinner rolls warmed
- 1 tablespoon olive oil
- 25 servings pepper relish sweet

Equipment

Directions

- Saut sausages in hot olive oil over medium heat 5 minutes or until lightly browned and thoroughly heated.
- Cut slits in tops of rolls. Fill each roll with 1 sausage, and top with Creole mustard and sweet pepper relish.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:11.311739133752%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 96.97kcal (4.85%), Fat: 5.3g (8.16%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 7.65g (2.78%), Sugar: 3.56g (3.96%), Cholesterol: 8.71mg (2.9%), Sodium: 252.03mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Vitamin C: 95.38mg (115.61%), Vitamin A: 2336.15IU (46.72%), Vitamin B6: 0.23mg (11.41%), Manganese: 0.21mg (10.58%), Folate: 40.91µg (10.23%), Vitamin E: 1.31mg (8.75%), Fiber: 2.18g (8.71%), Selenium: 5.24µg (7.48%), Phosphorus: 64.53mg (6.45%), Vitamin B1: 0.1mg (6.34%), Vitamin B3: 1.18mg (5.92%), Potassium: 200.3mg (5.72%), Vitamin B2: 0.1mg (5.6%), Iron: 0.94mg (5.2%), Magnesium: 17.43mg (4.36%), Vitamin K: 4.35µg (4.14%), Zinc: 0.58mg (3.87%), Copper: 0.06mg (2.97%), Vitamin B5: 0.29mg (2.89%), Calcium: 28.33mg (2.83%)