



Andouille Sausage and Shrimp with Creole Mustard Sauce

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings suya seasoning mix
- 1 pound andouille sausage
- 1 tablespoon cajun spice
- 5 tablespoons dijon mustard (such as Zatarain's)
- 1 tablespoon thyme sprigs fresh chopped
- 1 cup chicken broth
- 1 large onion halved thinly sliced

- 1 large bell pepper red cut into 1/3-inch-wide strips
- 2 teaspoons red wine vinegar
- 1 pound shrimp deveined uncooked peeled
- 2 tablespoons vegetable oil divided

Equipment

- bowl
- frying pan

Directions

- Toss shrimp with Creole seasoning in medium bowl to coat.
- Heat 1 tablespoon oil in heavy large skillet over high heat.
- Add sausage pieces, cut side down. Cook until browned on both sides, about 5 minutes.
- Transfer sausage to bowl.
- Add shrimp to skillet; cook until browned and just opaque in center, about 3 minutes.
- Transfer to bowl with sausage.
- Add remaining 1 tablespoon oil, onion, bell pepper, and thyme to skillet. Sauté until vegetables are beginning to soften, about 5 minutes.
- Add broth, mustard, and vinegar. Stir until sauce thickens, about 2 minutes. Return sausage and shrimp to skillet. Simmer until heated through, stirring occasionally, about 1 minute. Season with salt and pepper.
- One serving contains the following: 393.71 Calories (kcal), 62.0% Calories from Fat, 27.22 (g) Fat, 7.86 (g) Saturated Fat, 155.96 (mg) Cholesterol, 8.53 (g)
- Self

Nutrition Facts

PROTEIN 31.78% FAT 60.32% CARBS 7.9%

Properties

Glycemic Index:26, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:17.194347671841%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 388.49kcal (19.42%), Fat: 26.46g (40.71%), Saturated Fat: 7.62g (47.61%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 5.27g (1.92%), Sugar: 3.42g (3.8%), Cholesterol: 186.73mg (62.24%), Sodium: 858.01mg (37.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.73%), Vitamin C: 38.8mg (47.03%), Phosphorus: 320.59mg (32.06%), Vitamin A: 1543.25IU (30.86%), Selenium: 20.17µg (28.81%), Vitamin B3: 5.72mg (28.59%), Zinc: 3.19mg (21.3%), Copper: 0.41mg (20.71%), Potassium: 651.83mg (18.62%), Vitamin B1: 0.25mg (16.64%), Vitamin K: 17.12µg (16.3%), Vitamin B6: 0.31mg (15.45%), Magnesium: 57.44mg (14.36%), Iron: 2.58mg (14.32%), Vitamin E: 2.05mg (13.69%), Vitamin B12: 0.78µg (13%), Vitamin B2: 0.21mg (12.25%), Manganese: 0.23mg (11.65%), Fiber: 2.53g (10.13%), Calcium: 95.77mg (9.58%), Vitamin B5: 0.75mg (7.45%), Vitamin D: 1.06µg (7.06%), Folate: 22.42µg (5.61%)