



Andouille Sausage and Shrimp with Creole Mustard Sauce

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 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

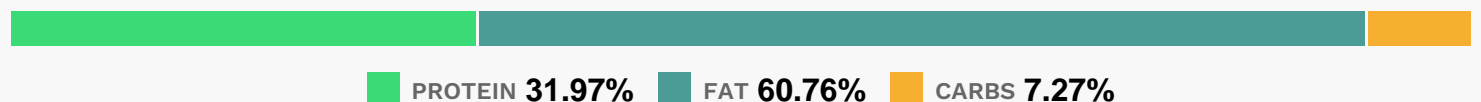
Equipment

- 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



Properties

Glycemic Index:25.17, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:16.370000072148%

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: 385.84kcal (19.29%), Fat: 26.42g (40.64%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5g (1.82%), Sugar: 3.38g (3.76%), Cholesterol: 186.73mg (62.24%), Sodium: 857.76mg (37.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.55%), Vitamin C: 38.77mg (47%), Phosphorus: 319.11mg (31.91%), Vitamin A: 1526.24IU (30.52%), Selenium: 20.12µg (28.75%), Vitamin B3: 5.67mg (28.35%), Zinc: 3.17mg (21.12%), Copper: 0.41mg (20.4%), Potassium: 639.23mg (18.26%), Vitamin B1: 0.25mg (16.52%), Vitamin B6: 0.3mg (14.93%), Magnesium: 54.74mg (13.68%), Vitamin B12: 0.78µg (13%), Vitamin E: 1.87mg (12.48%), Iron: 2.21mg (12.28%), Vitamin B2: 0.2mg (11.94%), Vitamin K: 10.9µg (10.38%), Manganese: 0.18mg (9.15%), Fiber: 2.11g (8.43%), Calcium: 79.8mg (7.98%), Vitamin B5: 0.74mg (7.36%), Vitamin D: 1.06µg (7.06%), Folate: 20.05µg (5.01%)