



Andouille Sausage Corn Fritters

READY IN



23 min.

SERVINGS



8

CALORIES



391 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup andouille sausage diced finely
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 3 tablespoons canola oil
- ☐ 1 pinch cayenne
- ☐ 1.5 cups corn kernels frozen thawed
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 1 teaspoon kosher salt
- ☐ 1 pinch cracked pepper black
- ☐ 1 teaspoon paprika smoked
- ☐ 0.3 cup sugar
- ☐ 1 cup milk whole

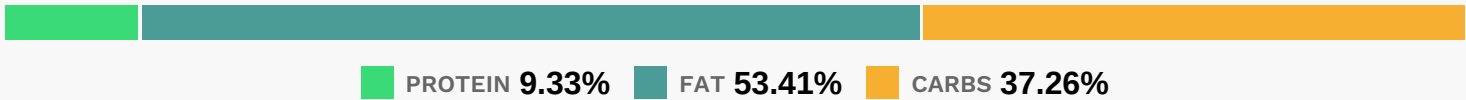
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together the flour, baking powder, cayenne, paprika, salt, pepper and sugar.
- ☐ Add the sausage, corn, eggs, milk and thyme. Stir in the melted butter and combine well.
- ☐ In a large skillet over medium-high heat, add the canola oil and evenly coat the pan. Ladle 2 to 3 ounces of batter into the pan and shape into a mini pancake. Repeat to fill the pan. Cook for 2 minutes before flipping and cooking the other side. Repeat with remaining batter.
- ☐ Transfer to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:56.14, Glycemic Load:22.59, Inflammation Score:-8, Nutrition Score:10.451739041702%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Nutrients (% of daily need)

Calories: 391.09kcal (19.55%), Fat: 23.55g (36.23%), Saturated Fat: 10.03g (62.69%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 35.29g (12.83%), Sugar: 9.39g (10.44%), Cholesterol: 87.8mg (29.27%), Sodium: 752.46mg (32.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Selenium: 18µg (25.71%), Vitamin B1: 0.32mg (21.2%), Folate: 74.84µg (18.71%), Vitamin B2: 0.31mg (18.44%), Phosphorus: 160.55mg (16.06%), Vitamin B3: 3.15mg (15.73%), Calcium: 146.59mg (14.66%), Manganese: 0.28mg (13.76%), Vitamin A: 653.23IU (13.06%), Iron: 2.28mg (12.69%), Vitamin E: 1.63mg (10.9%), Vitamin B12: 0.43µg (7.19%), Fiber: 1.68g (6.71%), Vitamin B5: 0.66mg (6.61%), Zinc: 0.99mg (6.59%), Potassium: 200.86mg (5.74%), Magnesium: 20.8mg (5.2%), Vitamin D: 0.76µg (5.08%), Vitamin B6: 0.1mg (5.02%), Vitamin K: 5.19µg (4.94%), Copper: 0.08mg (4.08%), Vitamin C: 1.9mg (2.31%)