



Andouille With Smoked Paprika and Red Wine



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound andouille sausage cut into 1/2-inch rounds*
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 teaspoons garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 8 servings garnish: oregano sprigs fresh
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.8 teaspoon paprika smoked

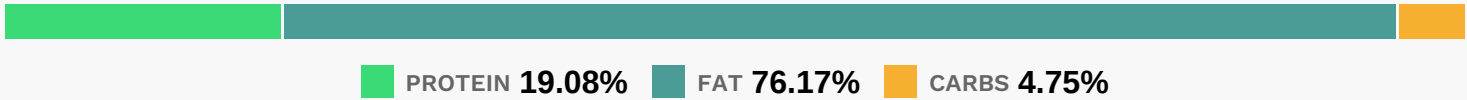
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook andouille sausage rounds in hot oil in a large skillet over medium-high heat 3 minutes on each side or until browned.
- ☐ Stir in oregano, garlic, and paprika, and cook 1 minute or until fragrant.
- ☐ Add red wine, and cook, stirring often, 2 to 3 minutes or until wine is reduced and thickened.
- ☐ Transfer to a shallow bowl, and garnish, if desired.
- ☐ Serve with wooden picks.
- ☐ *Spicy smoked sausage may be substituted.
- ☐ Party Tip: If you don't have smoked paprika, substitute 1/2 tsp. traditional paprika and 1/4 tsp. ground cumin.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:6.6317391278951%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 233.61kcal (11.68%), Fat: 19.02g (29.26%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.71g (0.79%), Cholesterol: 48.76mg (16.25%), Sodium: 462.26mg (20.1%), Alcohol: 1.58g (100%), Alcohol %: 2.57% (100%), Protein: 10.72g (21.44%), Vitamin B3: 3.57mg (17.85%), Selenium: 11.93µg (17.04%), Vitamin K: 12.37µg (11.78%), Vitamin B1: 0.15mg (10.01%), Zinc: 1.45mg (9.66%), Vitamin B12: 0.56µg (9.26%), Vitamin E: 1.37mg (9.11%), Phosphorus: 88.62mg (8.86%), Iron: 1.35mg (7.5%), Vitamin B6: 0.14mg (7.04%), Vitamin B2: 0.11mg (6.56%), Potassium: 221.7mg (6.33%), Vitamin D: 0.79µg (5.29%), Manganese:

0.1mg (4.97%), Vitamin B5: 0.43mg (4.35%), Magnesium: 13.98mg (3.5%), Calcium: 32.88mg (3.29%), Fiber: 0.77g (3.09%), Vitamin A: 143.31IU (2.87%), Copper: 0.05mg (2.71%), Folate: 4.53µg (1.13%)