



Bourbon Cocktail Sausages

 Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.3 cup brown sugar packed
- ☐ 12 oz chili sauce
- ☐ 2 tablespoons onion grated
- ☐ 1 lb andouille smoked

Equipment

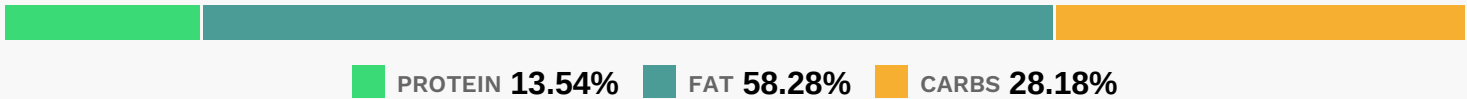
- ☐ frying pan
- ☐ paper towels

- ☐ toothpicks
- ☐ slow cooker

Directions

- ☐ Heat 12-inch nonstick skillet over medium-high heat; add sausage. Cook about 2 minutes on each side or until browned.
- ☐ Drain on paper towels.
- ☐ Spray 3-quart slow cooker with cooking spray. In slow cooker, mix chili sauce, bourbon, brown sugar and onion.
- ☐ Add sausage; stir to coat.
- ☐ Cover; cook on Low heat setting 3 hours or until sauce is slightly thickened.
- ☐ Serve sausage with toothpicks.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:4.1413043478261%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 173.34kcal (8.67%), Fat: 10.13g (15.58%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10.3g (3.75%), Sugar: 8.29g (9.21%), Cholesterol: 26.84mg (8.95%), Sodium: 701.84mg (30.51%), Alcohol: 2.23g (100%), Alcohol %: 3.57% (100%), Protein: 5.3g (10.59%), Vitamin B12: 0.57µg (9.51%), Vitamin B3: 1.68mg (8.41%), Vitamin B1: 0.13mg (8.33%), Selenium: 5.33µg (7.61%), Vitamin B6: 0.11mg (5.68%), Zinc: 0.85mg (5.67%), Vitamin C: 4.66mg (5.65%), Phosphorus: 56.12mg (5.61%), Potassium: 185mg (5.29%), Vitamin B2: 0.08mg (4.99%), Vitamin A: 192.81IU (3.86%), Vitamin E: 0.54mg (3.63%), Iron: 0.64mg (3.57%), Copper: 0.06mg (3.19%), Fiber: 0.71g (2.83%), Vitamin D: 0.42µg (2.77%), Magnesium: 8.52mg (2.13%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.48µg (1.41%), Calcium: 12.5mg (1.25%), Folate: 4.43µg (1.11%), Manganese: 0.02mg (1.01%)