



Cajun Corn Pups

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



437 kcal

SIDE DISH

Ingredients

- 1 lb andouille sausage
- 0.3 cup beer cold
- 7.5 oz corn muffin mix
- 8 servings dijon mustard
- 1.3 teaspoons creole seasoning
- 1 large eggs lightly beaten
- 0.3 teaspoon garlic powder
- 8 servings vegetable oil

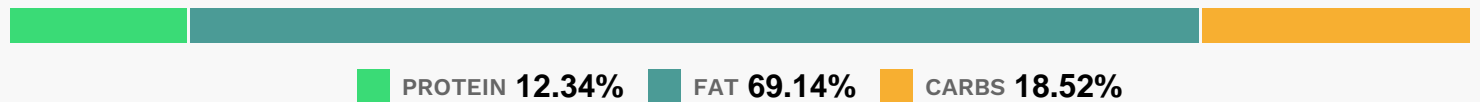
Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- wire rack
- aluminum foil
- dutch oven

Directions

- Whisk together corn muffin mix, cold beer, egg, Creole seasoning, and garlic powder in a medium bowl.
- Cut sausage into 1-inch slices. Dip sausages in batter, coating well.
- Pour vegetable oil to depth of 1 inch into a Dutch oven; heat over medium-high heat to 34
- Fry sausages, in batches, 2 minutes on each side or until golden brown.
- Drain on paper towels. Keep warm on a wire rack in an aluminum foil-lined jelly-roll pan in a 200 oven.
- Serve with Creole mustard.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:10.241304380738%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 436.65kcal (21.83%), Fat: 33.48g (51.51%), Saturated Fat: 8.18g (51.14%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 18.14g (6.6%), Sugar: 6.15g (6.84%), Cholesterol: 72.54mg (24.18%), Sodium: 743.09mg (32.31%), Alcohol: 0.38g (100%), Alcohol %: 0.41% (100%), Protein: 13.45g (26.9%), Vitamin K: 27.42µg (26.1%), Selenium: 16.95µg (24.22%), Phosphorus: 234.9mg (23.49%), Vitamin B3: 4.47mg (22.35%), Vitamin B1: 0.27mg (18.17%), Vitamin E: 1.88mg (12.5%), Vitamin B2: 0.21mg (12.32%), Zinc: 1.66mg (11.1%), Vitamin B12: 0.64µg (10.62%), Iron: 1.57mg (8.71%), Vitamin B6: 0.17mg (8.62%), Fiber: 2.04g (8.14%), Folate: 29.54µg (7.38%), Potassium: 250.14mg (7.15%), Vitamin B5: 0.65mg (6.54%), Vitamin D: 0.92µg (6.13%), Manganese: 0.12mg (5.86%), Magnesium: 19.74mg (4.93%), Vitamin A: 221.14IU (4.42%), Copper: 0.07mg (3.66%), Calcium: 27.83mg (2.78%)