



Falconetti's Chicken Thai Sausage

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



30

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 can coconut milk
- 10 pounds chicken leg and thigh boneless
- 1 teaspoon chili powder
- 1 cup mild curry powder
- 4 teaspoons garlic granules
- 3 teaspoons ground pepper white
- 3 teaspoons juice of lime
- 6 tablespoons salt

- 2 teaspoons sesame oil
- 0.3 cup thai basil leaves chopped
- 29 mm hog casings
- 29 mm hog casings

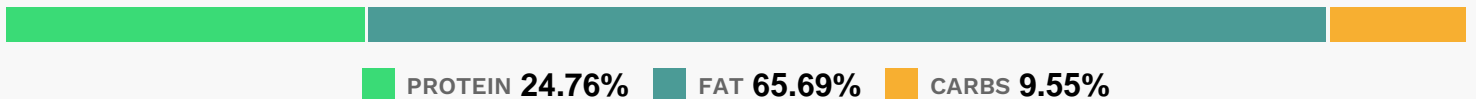
Equipment

- oven
- grill

Directions

- Watch how to make this recipe.
- Grind the chicken, preferably with a coarse grind.
- Add 1 cup water, the coconut milk, lime juice and sesame oil to the meat and incorporate. Then add the curry powder, basil, salt, garlic granules, white pepper, coriander and chili powder, and mix into the meat thoroughly.
- Mix just enough as not to break down the meat.
- Stuff into the hog casings, and remember to pin prick the links when done. You can grill, broil, saute, or bake...just make sure it reaches a safe internal temperature of 165 degrees F. One way to enjoy is to place in a hot dog bun, add Asian slaw with some hoisin and sriracha (Thai hot sauce).
- Alternatively, instead of stuffing the meat mixture, you can saute it and use in such recipes as Asian-style lettuce wraps. Just add crispy noodles, chopped onion, hoisin sauce and enjoy!

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:10.824782581433%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 245.36kcal (12.27%), Fat: 18.29g (28.14%), Saturated Fat: 6.79g (42.46%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.69g (0.76%), Cholesterol: 80.15mg (26.72%), Sodium: 1475.14mg (64.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.03%), Selenium: 17.81µg (25.44%), Manganese: 0.49mg (24.69%), Vitamin B3: 4.47mg (22.34%), Vitamin B6: 0.38mg (18.89%), Iron: 3.23mg (17.93%), Phosphorus: 176.83mg (17.68%), Vitamin E: 1.98mg (13.19%), Fiber: 3.03g (12.11%), Zinc: 1.7mg (11.32%), Magnesium: 42.13mg (10.53%), Vitamin K: 10.81µg (10.29%), Potassium: 339.38mg (9.7%), Vitamin B5: 0.89mg (8.86%), Vitamin B2: 0.15mg (8.55%), Vitamin B12: 0.48µg (8.04%), Copper: 0.15mg (7.64%), Vitamin B1: 0.09mg (5.9%), Calcium: 49.94mg (4.99%), Folate: 18.14µg (4.53%), Vitamin A: 187.61IU (3.75%), Vitamin C: 1.68mg (2.03%)