



Jimmy Dean Sausage Couscous Croquettes

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups chicken broth and water
- ☐ 1 cup couscous uncooked
- ☐ 2 teaspoons cumin
- ☐ 2 eggs lightly beaten
- ☐ 0.3 cup parsley finely chopped
- ☐ 16 ounce regular flavor jimmy dean pork sausage
- ☐ 0.8 cup seasoned bread crumbs dry
- ☐ 1 cup vegetable oil for frying

☐ 0.5 cup onion white finely chopped

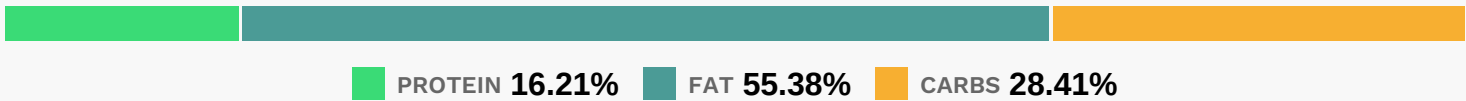
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ wok
- ☐ dutch oven

Directions

- ☐ In large saucepan, cook sausage over medium high heat, stirring frequently until thoroughly cooked and no longer pink. Stir in broth, cumin, cayenne and couscous; bring to a boil. Cover and simmer for 10 minutes on low heat.
- ☐ Remove from heat; cool 5 minutes.
- ☐ Stir in parsley and onion; adjust seasonings to taste.
- ☐ Add beaten egg; stir well. Moisten hands with water and mold cooled sausage mixture into 20 small logs.
- ☐ Roll in breadcrumbs.
- ☐ To cook: in a wok, Dutch oven or fryer, add oil to a depth of 3 inches; heat to 375 F. Fry 3 or 4 at a time for about 2 minutes; drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:7.85, Glycemic Load:4.17, Inflammation Score:-2, Nutrition Score:4.5404347855112%

Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 147.95kcal (7.4%), Fat: 9.01g (13.86%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 9.63g (3.5%), Sugar: 0.53g (0.59%), Cholesterol: 33.09mg (11.03%), Sodium: 277.78mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin K: 18.51µg (17.63%), Vitamin B1: 0.13mg (8.59%), Vitamin B3: 1.71mg (8.56%), Manganese: 0.14mg (6.76%), Phosphorus: 65.3mg (6.53%), Vitamin B2: 0.09mg (5.06%), Vitamin B6: 0.1mg (5.02%), Zinc: 0.72mg (4.81%), Iron: 0.84mg (4.69%), Vitamin B12: 0.25µg (4.19%), Selenium: 2.56µg (3.66%), Vitamin B5: 0.36mg (3.65%), Fiber: 0.77g (3.07%), Potassium: 103.82mg (2.97%), Copper: 0.06mg (2.88%), Magnesium: 11.26mg (2.82%), Folate: 11.3µg (2.82%), Vitamin D: 0.38µg (2.55%), Vitamin A: 115.61IU (2.31%), Vitamin E: 0.3mg (2%), Vitamin C: 1.59mg (1.93%), Calcium: 19.29mg (1.93%)