



Rhubarb-Chipotle Sausage



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



30

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 ounce chipotle peppers in adobo sauce canned
- ☐ 30 corn husks dried or as needed
- ☐ 2 teaspoons ground pepper black to taste
- ☐ 5 pounds ground pork
- ☐ 0.3 cup ruby port wine
- ☐ 2 cups rhubarb cut into 1/2-inch pieces
- ☐ 2 teaspoons salt to taste
- ☐ 1 tablespoon vegetable oil

- ☐ 2 tablespoons sugar white
- ☐ 30 servings kitchen twine
- ☐ 30 servings kitchen twine

Equipment

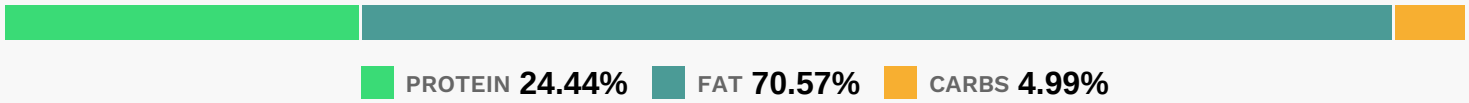
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Bring rhubarb, chipotle peppers with sauce, ruby port, and sugar to a boil in a saucepan; simmer over medium-low heat until rhubarb is tender, about 15 minutes.
- ☐ Remove from heat and let cool.
- ☐ Blend the rhubarb-chipotle mixture in a blender until smooth.
- ☐ Place ground pork in a large bowl and thoroughly mix 2/3 of the blended sauce into the pork. Season with salt and black pepper.
- ☐ Heat vegetable oil in a skillet over medium heat. Form about 2 tablespoons of the pork mixture into a small patty and pan-fry the patty until browned and no longer pink, about 5 minutes per side. Taste the patty and mix remaining rhubarb-chipotle sauce, salt, and black pepper to taste into the uncooked pork mixture (do not taste uncooked pork).
- ☐ Soak corn husks in warm water in a large bowl until softened, about 10 minutes.
- ☐ Heat a smoker to 250 to 275 degrees F (120 to 135 degrees C) and add wood chips to the smoker.
- ☐ Scoop up about 1/3 cup to a scant 1/2 cup of seasoned pork mixture and form into a sausage shape; place into a soaked corn husk and tie the ends of the husk with twine to enclose the sausage. If husk is too narrow to cover entire sausage, use 2 husks per sausage. Repeat with remaining husks and pork mixture.

Smoke sausages in the preheated smoker until thoroughly cooked and an instant-read thermometer inserted into the middle of the thickest sausage reads 160 degrees F (70 degrees C), about 2 hours.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:7.6321738051332%

Flavonoids

Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 1.9mg, Malvidin: 1.9mg, Malvidin: 1.9mg, Malvidin: 1.9mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 215.56kcal (10.78%), Fat: 16.5g (25.38%), Saturated Fat: 6.02g (37.66%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.49g (1.65%), Cholesterol: 54.43mg (18.14%), Sodium: 197.97mg (8.61%), Alcohol: 0.31g (100%), Alcohol %: 0.41% (100%), Protein: 12.85g (25.7%), Vitamin B1: 0.56mg (37.03%), Selenium: 18.71µg (26.73%), Vitamin B3: 3.31mg (16.55%), Vitamin B6: 0.29mg (14.59%), Phosphorus: 133.83mg (13.38%), Zinc: 1.67mg (11.17%), Vitamin B2: 0.18mg (10.64%), Vitamin B12: 0.53µg (8.82%), Potassium: 244.05mg (6.97%), Vitamin B5: 0.51mg (5.14%), Iron: 0.86mg (4.79%), Magnesium: 15.75mg (3.94%), Fiber: 0.84g (3.37%), Vitamin K: 3.43µg (3.27%), Manganese: 0.04mg (2.17%), Copper: 0.04mg (1.93%), Calcium: 18.43mg (1.84%), Vitamin C: 1.18mg (1.43%), Folate: 4.37µg (1.09%)