



Simmered Smoked Links

 **Gluten Free**  **Dairy Free**

READY IN



245 min.

SERVINGS



78

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 32 ounces andouille smoked miniature
- 1 cup brown sugar packed
- 0.5 cup catsup
- 0.3 cup horseradish prepared

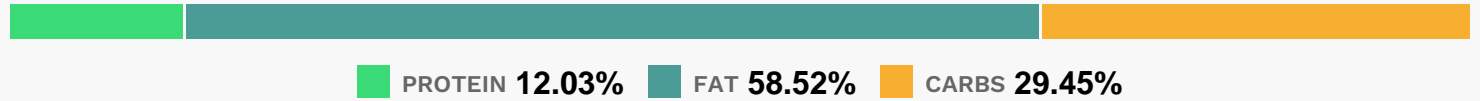
Equipment

- slow cooker

Directions

- Place sausages in a 3-qt. slow cooker.
- Combine the brown sugar, ketchup and horseradish; pour over sausages. Cover and cook on low for 4 hours.

Nutrition Facts



Properties

Glycemic Index:0.45, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.90434783745719%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 47.65kcal (2.38%), Fat: 3.1g (4.76%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.48g (1.26%), Sugar: 3.13g (3.47%), Cholesterol: 8.26mg (2.75%), Sodium: 116.6mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin B12: 0.18µg (2.93%), Selenium: 1.59µg (2.27%), Vitamin B1: 0.03mg (2.03%), Vitamin B3: 0.4mg (2.02%), Zinc: 0.26mg (1.7%), Phosphorus: 13.2mg (1.32%), Vitamin B2: 0.02mg (1.32%), Vitamin B6: 0.02mg (1.2%)