



Smoked Paprika-Glazed Andouille

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



135 kcal

SIDE DISH

Ingredients

- 1 pound andouille sausage cut into 1/2-inch rounds
- 1 teaspoon thyme leaves fresh chopped
- 2 garlic cloves minced
- 1 tablespoon olive oil
- 2 tablespoons sherry wine vinegar
- 0.5 teaspoon paprika smoked

Equipment

- frying pan

Directions

- Cook sausage in hot olive oil in a skillet over medium-high heat until browned. Stir in minced garlic paprika; cook 1 minute or until fragrant.
- Add vinegar and chopped fresh thyme; cook, stirring often, 2 minutes.
- Serve with wooden picks.

Nutrition Facts

PROTEIN 20.95% **FAT 76.69%** **CARBS 2.36%**

Properties

Glycemic Index:7.5, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:3.4747826327448%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 134.78kcal (6.74%), Fat: 11.46g (17.64%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.73g (0.27%), Sugar: 0.43g (0.47%), Cholesterol: 32.51mg (10.84%), Sodium: 308.07mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.09%), Vitamin B3: 2.33mg (11.64%), Selenium: 7.9µg (11.29%), Vitamin B1: 0.1mg (6.54%), Zinc: 0.94mg (6.26%), Vitamin B12: 0.37µg (6.17%), Phosphorus: 57.72mg (5.77%), Vitamin B6: 0.08mg (4.11%), Vitamin B2: 0.07mg (4.05%), Potassium: 135.18mg (3.86%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.53µg (3.53%), Iron: 0.53mg (2.93%), Vitamin B5: 0.28mg (2.79%), Magnesium: 6.69mg (1.67%), Copper: 0.03mg (1.51%), Vitamin A: 64.51IU (1.29%)