



WHATSheATE



Spicy Chipotle Barbecue Sausage Bites



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



14

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce
- ☐ 28 oz barbecue sauce
- ☐ 18 oz smucker's cherry preserves
- ☐ 3 chipotles in adobo canned chopped
- ☐ 32 oz andouille smoked
- ☐ 0.5 cup water

Equipment

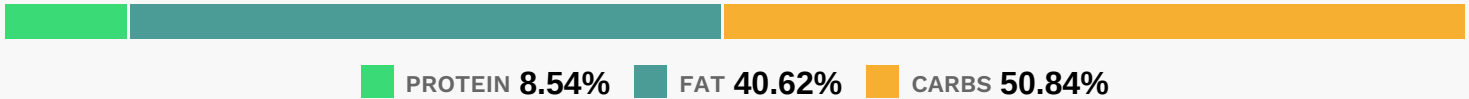
- ☐ whisk

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Whisk together barbecue sauce, cherry preserves, and next 3 ingredients in a Dutch oven over medium-high heat; bring to a boil.
- ☐ Add smoked sausages, and return to a boil. Reduce heat to medium, and simmer, stirring occasionally, 15 minutes.
- ☐ Note: To serve, keep warm in a slow cooker on LOW, if desired.
- ☐ Serve with miniature rolls, if desired.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:13.59, Inflammation Score:-1, Nutrition Score:6.6756521670715%

Nutrients (% of daily need)

Calories: 399.52kcal (19.98%), Fat: 17.86g (27.48%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 49.06g (17.84%), Sugar: 36.74g (40.83%), Cholesterol: 46.01mg (15.34%), Sodium: 1366.14mg (59.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.89%), Vitamin B12: 0.98µg (16.31%), Selenium: 9.99µg (14.28%), Vitamin B1: 0.19mg (12.52%), Vitamin B3: 2.45mg (12.24%), Vitamin B2: 0.17mg (10%), Zinc: 1.49mg (9.93%), Phosphorus: 88.09mg (8.81%), Potassium: 284.48mg (8.13%), Vitamin B6: 0.16mg (8%), Iron: 1.31mg (7.27%), Copper: 0.12mg (5.89%), Manganese: 0.11mg (5.5%), Fiber: 1.25g (5%), Vitamin D: 0.71µg (4.75%), Vitamin C: 3.62mg (4.39%), Magnesium: 16.98mg (4.25%), Vitamin B5: 0.39mg (3.85%), Vitamin E: 0.53mg (3.55%), Calcium: 32.37mg (3.24%), Vitamin A: 129.98IU (2.6%), Folate: 7.85µg (1.96%), Vitamin K: 1.12µg (1.07%)