

# Sausage Chips and Honey Mustard Dip

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## **Servings: 7**

*1 package (13.5 ounce) Smoked,  
Polish or Andouille premium cooking  
sausage*

*1/3 cup mayonnaise*

*1/4 cup spicy brown mustard*

*2 tablespoons honey*

## **Preparation Time: 10 minutes**

## **Cook Time: 25 minutes**

Place the sausage in the freezer for 25 to 30 minutes.

Preheat the oven to 300 degrees.

When the sausage is firm but not completely frozen, carefully cut, on a diagonal, into very thin slices.

Line two baking sheets with parchment paper. Arrange the sausage slices in a single layer on the baking sheets.

Bake for 15 minutes. Using tongs, turn the slices over.

Bake for 10 to 15 minutes longer or until lightly browned. Drain on paper towels.

In a small bowl, combine the mayonnaise, mustard and honey.

Serve with the sausage chips.

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Per Serving (excluding unknown items): 93 Calories; 9g Fat (79.5% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 59mg Sodium. Exchanges: 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

**Per Serving Nutritional Analysis**

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% Calories from Fat:	79.5%
% Calories from Carbohydrates:	20.0%
% Calories from Protein:	0.5%
Total Fat (g):	9g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	4mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	59mg
Potassium (mg):	7mg
Calcium (mg):	2mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	29IU
Vitamin A (r.e.):	6RE

Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

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### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	1/2

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## Nutrition Facts

Servings per Recipe: 7

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### Amount Per Serving

**Calories** 93 Calories from Fat: 74

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#### % Daily Values\*

<b>Total Fat</b> 9g	14%
Saturated Fat 1g	6%
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 59mg	2%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber trace	0%
<b>Protein</b> trace	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	0%

\* Percent Daily Values are based on a 2000 calorie diet.