



Barbecue Bean Chili Dogs

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 8 all-beef hot dogs
- 15 ounce black beans drained and rinsed canned
- 15 ounce kidney beans drained and rinsed canned
- 2 tablespoons chili seasoning
- 8 hot dog buns
- 1 tablespoon brown sugar light packed
- 8 servings vegetable oil for brushing

- 0.5 medium onion white chopped
- 1 tablespoon mustard yellow

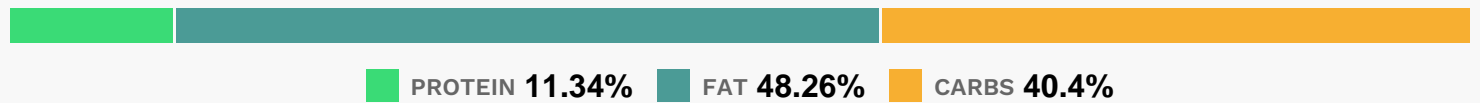
Equipment

- sauce pan
- grill
- grill pan

Directions

- Make the chili: In a large saucepan over medium-low heat, stir together the barbecue sauce, kidney beans, black beans, chili seasoning, brown sugar and mustard. Bring to a boil, then reduce the heat and simmer for 10 to 12 minutes, stirring occasionally.
- Meanwhile, make the hot dogs: Set up a grill or preheat a grill pan over medium heat. When ready to start cooking, brush the grates with vegetable oil.
- Place the hot dogs on the hot oiled grill and cook, turning occasionally, for 10 minutes or until heated through. Toast the buns on the grill, if desired.
- Put the hot dogs in the buns and top with the chili.
- Serve hot topped with the chopped onion.
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:15.56, Inflammation Score:-7, Nutrition Score:17.240434781365%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 556.93kcal (27.85%), Fat: 30.15g (46.38%), Saturated Fat: 8.24g (51.5%), Carbohydrates: 56.78g (18.93%), Net Carbohydrates: 48.4g (17.6%), Sugar: 18.62g (20.69%), Cholesterol: 25.2mg (8.4%), Sodium: 1402.13mg (60.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.87%), Fiber: 8.38g (33.52%), Manganese: 0.61mg (30.65%), Vitamin K: 32.07µg (30.54%), Selenium: 19.28µg (27.54%), Vitamin B1: 0.4mg (26.5%), Iron: 4.39mg (24.4%), Phosphorus: 236.4mg (23.64%), Folate: 91.92µg (22.98%), Vitamin B3: 3.81mg (19.05%), Vitamin A: 946.04IU (18.92%), Vitamin B2: 0.32mg (18.54%), Copper: 0.33mg (16.63%), Potassium: 549.96mg (15.71%), Magnesium: 59.66mg (14.92%), Vitamin E: 2.07mg (13.83%), Zinc: 2.07mg (13.82%), Vitamin B12: 0.82µg (13.64%), Calcium: 119.53mg (11.95%), Vitamin B6: 0.21mg (10.27%), Vitamin B5: 0.38mg (3.85%), Vitamin C: 3.16mg (3.83%), Vitamin D: 0.27µg (1.8%)