



Bison Chili Cheese Dogs

READY IN



105 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup ale such as newcastle
- 8 servings pepper black freshly ground
- 14.5 ounce canned tomatoes diced with their juices canned
- 1 tablespoon chili powder
- 3 medium garlic clove finely chopped
- 2 teaspoons ground cumin
- 8 hotdog buns
- 8 hot dogs cooked
- 1 teaspoon kosher salt plus more for seasoning

- 1 pound frangelico lean
- 1 tablespoon olive oil
- 0.5 cup onion yellow (from)
- 1 teaspoon paprika
- 8 servings pepperoncini peppers coarsely chopped
- 4 ounces sharp cheddar cheese shredded
- 1 tablespoon tomato paste

Equipment

- frying pan
- sauce pan

Directions

- Heat the oil in a medium saucepan over medium-high heat until shimmering.
- Add the onions and garlic, season with salt and pepper, and cook, stirring occasionally, until the onions have softened and are just starting to brown, about 7 minutes.
- Add the chili powder, cumin, and paprika, stir to coat the onions, and cook until the spices are deep brown in color and fragrant, about 1 minute.
- Add the tomato paste and stir to coat the onions. Cook, stirring occasionally, until the tomato paste is no longer raw-tasting, about 1 to 2 minutes.
- Add the beer and scrape up any browned bits from the bottom of the pan. Bring to a simmer and cook until the mixture has thickened and is deep red in color, about 3 to 4 minutes.
- Add the bison and measured salt and stir, breaking the meat into small pieces. Cook, stirring occasionally, until the meat is no longer pink and is well coated with the spice mixture, about 6 minutes.
- Place the hot dogs in the buns and divide the chili among them.
- Sprinkle the cheese over the chili.
- Serve the onions, pickled jalapeños, and pepperoncini on the side.

Nutrition Facts



■ PROTEIN 16.2% ■ FAT 39.94% ■ CARBS 43.86%

Properties

Glycemic Index:43.69, Glycemic Load:16.88, Inflammation Score:-7, Nutrition Score:16.922174010588%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 346.34kcal (17.32%), Fat: 15.49g (23.84%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 34.81g (12.66%), Sugar: 6.74g (7.48%), Cholesterol: 34.42mg (11.47%), Sodium: 1007.05mg (43.78%), Alcohol: 0.58g (100%), Alcohol %: 0.27% (100%), Protein: 14.14g (28.28%), Selenium: 28.54µg (40.78%), Vitamin C: 30.06mg (36.43%), Vitamin B1: 0.42mg (27.96%), Manganese: 0.49mg (24.52%), Vitamin B3: 4.75mg (23.77%), Vitamin B2: 0.38mg (22.44%), Iron: 4.02mg (22.34%), Calcium: 208.42mg (20.84%), Folate: 83.3µg (20.83%), Phosphorus: 192.58mg (19.26%), Vitamin A: 805.46IU (16.11%), Vitamin B6: 0.3mg (15.1%), Fiber: 3.48g (13.93%), Zinc: 2.07mg (13.81%), Vitamin E: 1.87mg (12.46%), Potassium: 429.62mg (12.27%), Copper: 0.24mg (11.97%), Magnesium: 41.44mg (10.36%), Vitamin K: 10.55µg (10.05%), Vitamin B12: 0.47µg (7.87%), Vitamin B5: 0.55mg (5.54%)