



Bourbon Wieners

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar
- 16 ounce hot dogs cut into bite-size pieces
- 0.5 cup catsup
- 0.5 cup bourbon whiskey

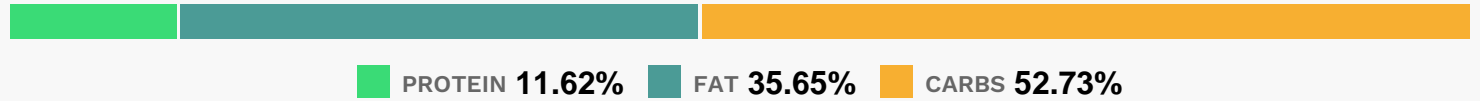
Equipment

- sauce pan

Directions

- Place hot dogs, bourbon whiskey, ketchup, and brown sugar into a saucepan over medium heat.
- Heat, stirring often, until the brown sugar has dissolved and sauce is bubbly, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:2.34, Inflammation Score:-2, Nutrition Score:4.007826047747%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 195.46kcal (9.77%), Fat: 6.74g (10.37%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 22.4g (8.15%), Sugar: 13.24g (14.71%), Cholesterol: 20.41mg (6.8%), Sodium: 422.18mg (18.36%), Alcohol: 4.25g (100%), Alcohol %: 6.72% (100%), Protein: 4.95g (9.89%), Selenium: 12.24µg (17.48%), Vitamin B3: 1.88mg (9.38%), Vitamin B2: 0.15mg (8.65%), Vitamin B1: 0.11mg (7.41%), Iron: 1.19mg (6.63%), Zinc: 0.94mg (6.28%), Folate: 23.42µg (5.85%), Phosphorus: 48.82mg (4.88%), Vitamin B12: 0.24µg (3.93%), Potassium: 114.69mg (3.28%), Manganese: 0.06mg (3.1%), Copper: 0.05mg (2.62%), Vitamin B5: 0.26mg (2.56%), Vitamin B6: 0.05mg (2.31%), Calcium: 21.82mg (2.18%), Magnesium: 8.45mg (2.11%), Vitamin A: 61.56IU (1.23%), Vitamin E: 0.18mg (1.17%)