



## Classic Cocktail Wieners

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 oz andouille smoked
- 0.8 cup barbecue sauce
- 0.5 cup raspberry jam seedless
- 1 tablespoon chipotles in adobo chopped (from 7-oz can)

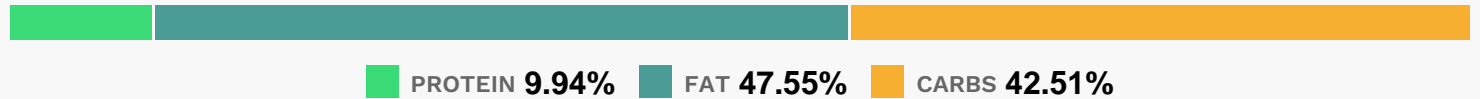
## Equipment

- bowl
- sauce pan
- toothpicks

## Directions

- In large saucepan, stir together all ingredients.
- Heat to boiling over medium heat; reduce heat to low. Simmer uncovered 20 to 25 minutes or until thoroughly heated and wieners are plump.
- Remove wieners from sauce to serving platter; pour sauce into small bowl.
- Serve with toothpicks or bamboo knotted party picks.

## Nutrition Facts



## Properties

Glycemic Index:9.17, Glycemic Load:10.57, Inflammation Score:-1, Nutrition Score:5.9665217451427%

## Nutrients (% of daily need)

Calories: 341.03kcal (17.05%), Fat: 17.81g (27.41%), Saturated Fat: 6.11g (38.18%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 34.95g (12.71%), Sugar: 25.78g (28.64%), Cholesterol: 46.97mg (15.66%), Sodium: 938.26mg (40.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Vitamin B12: 1µg (16.65%), Selenium: 9.7µg (13.85%), Vitamin B1: 0.18mg (12.32%), Vitamin B3: 2.36mg (11.79%), Zinc: 1.47mg (9.82%), Vitamin B2: 0.15mg (9.06%), Phosphorus: 83.31mg (8.33%), Vitamin B6: 0.14mg (7.25%), Potassium: 229.78mg (6.57%), Iron: 1.09mg (6.05%), Vitamin D: 0.73µg (4.85%), Copper: 0.09mg (4.69%), Manganese: 0.08mg (4.04%), Vitamin B5: 0.36mg (3.55%), Fiber: 0.88g (3.53%), Magnesium: 13.72mg (3.43%), Vitamin C: 2.71mg (3.28%), Calcium: 22.09mg (2.21%), Vitamin E: 0.32mg (2.13%), Folate: 6.48µg (1.62%), Vitamin A: 80.21IU (1.6%)