

Cocktail Wieners I



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



15

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef
- 12 fluid ounces chili sauce
- 16 ounce roasted cranberry sauce canned

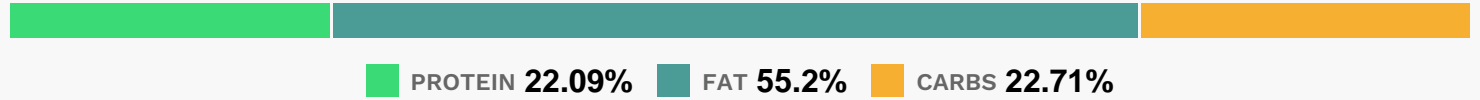
Equipment

- sauce pan
- toothpicks
- wooden spoon

Directions

- In a 4-quart saucepan over medium heat, combine cranberry sauce and chili sauce. Break the cranberry sauce into smaller pieces with wooden spoon to speed up the melting process. Stir and heat until the cranberry sauce is melted.
- Add the cocktail wieners and cook until the wieners are heated. Use toothpicks for serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.0991304542707%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 300.27kcal (15.01%), Fat: 18.26g (28.09%), Saturated Fat: 6.97g (43.58%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 16g (5.82%), Sugar: 12.76g (14.18%), Cholesterol: 64.41mg (21.47%), Sodium: 379.28mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.88%), Vitamin B12: 1.94µg (32.36%), Zinc: 3.84mg (25.59%), Vitamin B3: 4.24mg (21.22%), Selenium: 13.99µg (19.98%), Vitamin B6: 0.34mg (16.76%), Phosphorus: 156.85mg (15.68%), Iron: 2.07mg (11.52%), Potassium: 340.93mg (9.74%), Vitamin B2: 0.16mg (9.25%), Vitamin E: 1.11mg (7.38%), Vitamin C: 4.09mg (4.95%), Magnesium: 18.87mg (4.72%), Copper: 0.09mg (4.7%), Vitamin B5: 0.46mg (4.55%), Vitamin B1: 0.06mg (4.32%), Fiber: 0.9g (3.6%), Vitamin A: 173.56IU (3.47%), Vitamin K: 3.29µg (3.13%), Folate: 8.78µg (2.2%), Calcium: 21.97mg (2.2%), Manganese: 0.03mg (1.36%)