



## Coney Island Hot Dog Chili Sauce

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



100 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 teaspoons chili powder to taste
- 0.8 pound ground round
- 2 tablespoons mustard prepared
- 0.5 cup onion chopped
- 2 teaspoons salt
- 0.5 cup relish sweet
- 12 ounce tomato paste canned
- 3 cups water

- 2 teaspoons sugar white
- 2 tablespoons worcestershire sauce

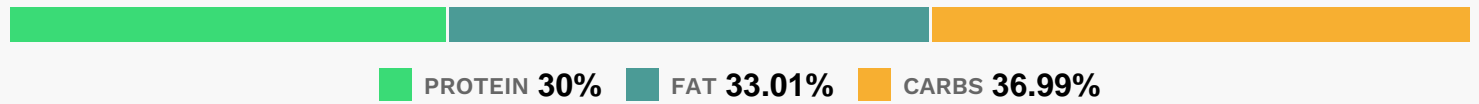
## Equipment

- frying pan

## Directions

- Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Add water, tomato paste, pickle relish, onion, Worcestershire sauce, mustard, chili powder, salt, and sugar; bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, until sauce is thickened, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:16.71, Glycemic Load:1.43, Inflammation Score:-4, Nutrition Score:6.7343478403662%

## Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

## Nutrients (% of daily need)

Calories: 99.67kcal (4.98%), Fat: 3.78g (5.82%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.21g (2.98%), Sugar: 6.64g (7.38%), Cholesterol: 22.11mg (7.37%), Sodium: 726mg (31.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Vitamin K: 13.3µg (12.66%), Vitamin B12: 0.75µg (12.53%), Zinc: 1.82mg (12.14%), Vitamin B3: 2.31mg (11.56%), Vitamin B6: 0.21mg (10.34%), Selenium: 7.1µg (10.14%), Iron: 1.7mg (9.44%), Vitamin A: 464.52IU (9.29%), Phosphorus: 85.2mg (8.52%), Potassium: 271.03mg (7.74%), Copper: 0.13mg (6.45%), Vitamin E: 0.93mg (6.17%), Vitamin B2: 0.09mg (5.35%), Fiber: 1.32g (5.3%), Manganese: 0.11mg (5.26%), Vitamin C: 4.3mg (5.22%), Magnesium: 18.82mg (4.7%), Vitamin B1: 0.05mg (3.57%), Vitamin B5: 0.32mg (3.24%), Calcium: 28.45mg (2.84%), Folate: 8.81µg (2.2%)