

# Franks in Sweet Peanut-Barbecue Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**20**

CALORIES



**111 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup apricot preserves
- 0.5 cup original barbecue sauce kraft
- 14 oz oscar mayer selects uncured angus beef franks cut into 6 pieces each
- 0.3 cup creamy peanut butter
- 2 Tbsp juice of lemon

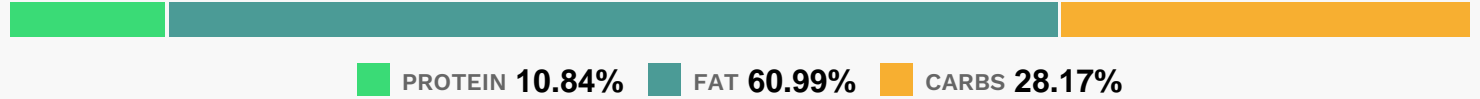
## Equipment

- sauce pan

## Directions

- Cook first 4 ingredients in medium saucepan on medium heat 3 to 5 min. or until heated through, stirring occasionally.
- Stir in franks. Bring just to boil, stirring constantly.

## Nutrition Facts



## Properties

Glycemic Index:0.7, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.0486956601558%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 111.09kcal (5.55%), Fat: 7.71g (11.87%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.77g (2.83%), Sugar: 5.63g (6.26%), Cholesterol: 11.11mg (3.7%), Sodium: 293.27mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin B12: 0.32µg (5.39%), Vitamin B3: 0.93mg (4.65%), Phosphorus: 40.44mg (4.04%), Selenium: 2.63µg (3.75%), Zinc: 0.53mg (3.55%), Manganese: 0.06mg (3.14%), Copper: 0.05mg (2.63%), Vitamin E: 0.36mg (2.41%), Magnesium: 9.29mg (2.32%), Iron: 0.4mg (2.21%), Potassium: 66.67mg (1.9%), Vitamin B2: 0.03mg (1.85%), Vitamin B6: 0.04mg (1.79%), Vitamin C: 1.14mg (1.39%), Folate: 4.47µg (1.12%)