



## Franks with Grilled Sweet Mini Peppers

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup original barbecue sauce kraft
- 4 oscar mayer beef franks lean
- 8 chives fresh
- 4 hot dog buns split bakery-style
- 8 peppers s sweet red yellow assorted mini (orange, , )

### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Grill peppers and franks 6 to 8 min. or until peppers are tender and franks are heated through, turning occasionally.
- Remove from grill.
- Add buns, cut sides down, to grill; cook 1 to 2 min. or until lightly toasted.
- Brush cut sides of buns with barbecue sauce.
- Remove tops from peppers; discard.
- Cut peppers into rings.
- Fill buns with franks, peppers and chives.

## Nutrition Facts



## Properties

Glycemic Index:9.27, Glycemic Load:3.59, Inflammation Score:-4, Nutrition Score:4.1247826050157%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 83.1kcal (4.16%), Fat: 4.15g (6.39%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 8.25g (3%), Sugar: 3.24g (3.6%), Cholesterol: 6.72mg (2.24%), Sodium: 228.7mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Vitamin C: 19.6mg (23.76%), Vitamin A: 501.57IU (10.03%), Selenium: 4.54µg (6.49%), Vitamin B1: 0.08mg (5.01%), Folate: 18.9µg (4.72%), Vitamin B3: 0.93mg (4.63%), Manganese: 0.09mg (4.49%), Vitamin B12: 0.22µg (3.64%), Vitamin B2: 0.06mg (3.63%), Iron: 0.65mg (3.63%), Phosphorus: 33.39mg (3.34%), Vitamin B6: 0.06mg (3.18%), Zinc: 0.39mg (2.63%), Vitamin K: 2.5µg (2.38%), Fiber: 0.57g (2.3%), Potassium: 73.57mg (2.1%), Calcium: 20.63mg (2.06%), Vitamin E: 0.31mg (2.04%), Copper: 0.04mg (1.8%), Magnesium: 6.8mg (1.7%)