



WHATSheATE



Hot Dog Bourbon Appetizers



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



121 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 0.5 cup brown sugar
- ☐ 16 ounce hot dogs cut into 1-inch pieces
- ☐ 0.5 cup catsup

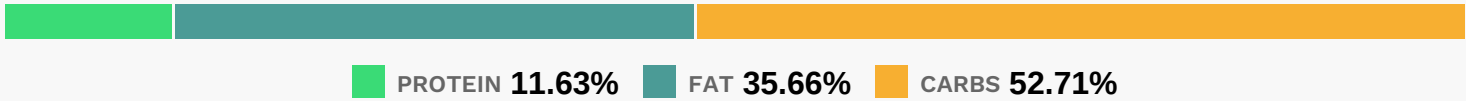
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Mix hot dogs, brown sugar, ketchup, and bourbon in a saucepan; bring to a boil. Cook, stirring occasionally, until hot dogs are cooked through and evenly coated, about 10 minutes.
- ☐ Transfer to a slow cooker to keep warm for serving.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:2.5095652374236%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 121.05kcal (6.05%), Fat: 4.21g (6.48%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.99g (5.09%), Sugar: 8.27g (9.18%), Cholesterol: 12.76mg (4.25%), Sodium: 263.94mg (11.48%), Alcohol: 2.51g (100%), Alcohol %: 6.32% (100%), Protein: 3.09g (6.18%), Selenium: 7.65µg (10.93%), Vitamin B3: 1.17mg (5.85%), Vitamin B2: 0.09mg (5.42%), Vitamin B1: 0.07mg (4.62%), Iron: 0.75mg (4.15%), Zinc: 0.59mg (3.94%), Folate: 14.64µg (3.66%), Phosphorus: 30.59mg (3.06%), Vitamin B12: 0.15µg (2.46%), Potassium: 71.76mg (2.05%), Manganese: 0.04mg (1.98%), Copper: 0.03mg (1.66%), Vitamin B5: 0.16mg (1.6%), Vitamin B6: 0.03mg (1.45%), Calcium: 13.64mg (1.36%), Magnesium: 5.28mg (1.32%)