



Hot Dog Chili Sauce

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

READY IN



105 min.

SERVINGS



16

CALORIES



168 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 29 ounce beef broth reduced-sodium canned
- 28 ounce canned tomatoes with puree crushed canned
- 0.3 teaspoon cayenne pepper
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- 2 pounds ground beef
- 1 teaspoon kosher salt
- 1 teaspoon onion powder

1 tablespoon paprika

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 beef broth to ground beef; bring to a boil. Reduce heat to medium-low and simmer until liquid is slightly reduced, about 30 minutes.
- Mix tomatoes with puree, chili powder, paprika, onion powder, garlic powder, salt, and cayenne pepper into ground beef mixture. Simmer, stirring occasionally, until mixture is very thick, about 1 1/2 hours.

Nutrition Facts

 **PROTEIN 27.38%** **FAT 61.8%** **CARBS 10.82%**

Properties

Glycemic Index:5.63, Glycemic Load:1.04, Inflammation Score:-5, Nutrition Score:8.4921738427618%

Nutrients (% of daily need)

Calories: 168.3kcal (8.42%), Fat: 11.69g (17.98%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 3.12g (1.13%), Sugar: 2.32g (2.57%), Cholesterol: 40.26mg (13.42%), Sodium: 359.93mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.3%), Vitamin B12: 1.21µg (20.22%), Zinc: 2.58mg (17.18%), Vitamin B3: 3.17mg (15.84%), Vitamin B6: 0.29mg (14.63%), Selenium: 9.1µg (13%), Vitamin A: 631.65IU (12.63%), Potassium: 434.82mg (12.42%), Iron: 2.03mg (11.28%), Phosphorus: 111.1mg (11.11%), Vitamin E: 1.37mg (9.15%), Vitamin B2: 0.13mg (7.36%), Copper: 0.14mg (7.02%), Manganese: 0.12mg (6.24%), Fiber: 1.49g (5.95%), Vitamin C: 4.63mg (5.61%), Magnesium: 22.17mg (5.54%), Vitamin K: 5.09µg (4.85%), Vitamin B1: 0.07mg (4.47%), Vitamin B5: 0.44mg (4.45%), Calcium: 32.14mg (3.21%), Folate: 11.11µg (2.78%)