



Hot Dog on a Stick with Queso Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 16 oz oscar mayer beef franks
- 0.3 cup milk
- 0.5 cup tomatoes seeded chopped
- 2 Tbsp lea & perrins worcestershire sauce
- 4 oz velveeta cut into 1/2-inch cubes
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Equipment

- bowl
- grill
- microwave
- wooden skewers

Directions

- Heat grill to medium-high heat.
- Combine first 2 ingredients; reserve 1 Tbsp.
- Thread franks onto wooden skewers. Make small cuts, at an angle and 1/2 inch apart, in 2 rows down opposite sides of each frank. Grill 5 to 7 min. or until heated through, turning occasionally and brushing with remaining barbecue sauce mixture for the last 2 min.
- Microwave VELVEETA and milk in small microwaveable bowl on HIGH 1-1/2 min. or until VELVEETA is completely melted and sauce is well blended, stirring every 30 sec. Stir in tomatoes and reserved barbecue sauce mixture.
- Serve with franks.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:3.347826079182%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 168.24kcal (8.41%), Fat: 13.98g (21.51%), Saturated Fat: 5.77g (36.07%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 5.06g (1.84%), Sugar: 3.93g (4.37%), Cholesterol: 26.13mg (8.71%), Sodium: 585.47mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Vitamin B12: 0.77µg (12.87%), Selenium: 5.44µg (7.77%), Phosphorus: 74.92mg (7.49%), Zinc: 1.05mg (7%), Vitamin B3: 1.16mg (5.78%), Iron: 0.85mg (4.74%), Copper: 0.08mg (4%), Vitamin B2: 0.06mg (3.74%), Potassium: 129.56mg (3.7%), Vitamin B6: 0.05mg (2.39%), Vitamin D: 0.34µg (2.26%), Magnesium: 8.82mg (2.2%), Calcium: 18.78mg (1.88%), Vitamin C: 1.51mg (1.82%),

Vitamin A: 90.64IU (1.81%), Vitamin B1: 0.03mg (1.71%), Vitamin B5: 0.14mg (1.41%), Manganese: 0.03mg (1.34%),
Folate: 4.25µg (1.06%)