



WHATSheATE

Hot Wieners Rhode Island Style



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 2 tablespoons celery salt
- ☐ 2 tablespoons chili powder
- ☐ 0.5 teaspoon curry
- ☐ 1 teaspoon mustard dry
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground cinnamon
- ☐ 20 hot dog buns

- ☐ 20 hot dogs
- ☐ 4 tablespoons butter
- ☐ 2 tablespoons paprika
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water
- ☐ 20 servings mustard yellow
- ☐ 2 onions yellow divided minced

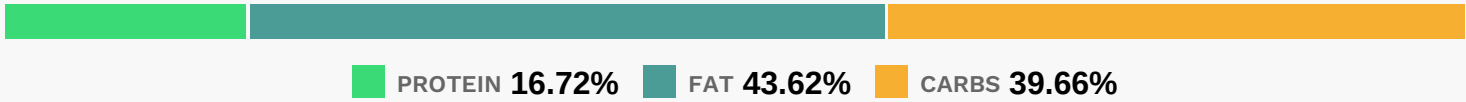
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saute pan over medium heat add, margarine and 1 minced onion.
- ☐ Saute till translucent, but do not brown. Next add chili powder, paprika, allspice, curry, dry mustard and cinnamon. Then add beef, stir thoroughly and cook for 5 minutes, add water and simmer over medium to low heat for 30 minutes.
- ☐ In a medium sauce pot boil hot dogs with salt and steam buns.
- ☐ When meat is done simmering, add meat mixture to the hot dog in the bun, top evenly with minced onion, yellow mustard, and a sprinkle celery salt.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:15.31, Inflammation Score:-6, Nutrition Score:12.043912956248%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 320.19kcal (16.01%), Fat: 15.56g (23.94%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 30.06g (10.93%), Sugar: 3.77g (4.19%), Cholesterol: 36.35mg (12.12%), Sodium: 1442.54mg (62.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.84%), Selenium: 29.07µg (41.53%), Vitamin B1: 0.37mg (24.58%), Vitamin B3: 4.62mg (23.12%), Iron: 3.39mg (18.84%), Manganese: 0.36mg (18.23%), Vitamin B2: 0.31mg (18.22%), Folate: 66.89µg (16.72%), Zinc: 2.3mg (15.3%), Phosphorus: 138.26mg (13.83%), Vitamin A: 687.42IU (13.75%), Vitamin B12: 0.81µg (13.45%), Calcium: 89.28mg (8.93%), Vitamin B6: 0.17mg (8.62%), Fiber: 1.78g (7.13%), Potassium: 237.71mg (6.79%), Magnesium: 26.18mg (6.54%), Copper: 0.12mg (5.95%), Vitamin E: 0.84mg (5.61%), Vitamin B5: 0.4mg (4.05%), Vitamin K: 4.06µg (3.87%), Vitamin C: 1.49mg (1.8%)