



Joanie's Coney Island Hot Dog Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



311 kcal

SAUCE

Ingredients

- 2 tablespoons butter
- 2 tablespoons chili powder
- 0.1 teaspoon pepper black
- 1 pound ground beef lean
- 1 onion chopped
- 1 tablespoon paprika
- 0.5 teaspoon salt

Equipment

frying pan

Directions

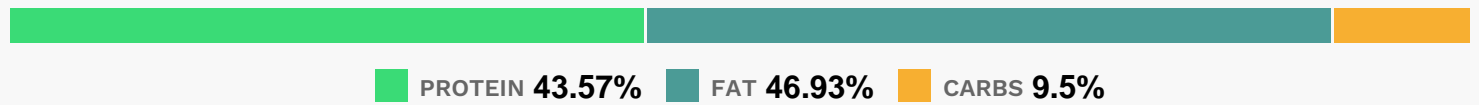
In large skillet melt butter over medium-high heat. Cook ground beef in butter until brown, 3 to 5 minutes. Stir in chopped onion and cook until beef juices run clear, 3 to 5 minutes.

Drain.

Stir in salt, pepper, paprika and chile powder.

Add water to cover, and simmer until water is absorbed, stirring frequently, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:22.029999940292%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 310.56kcal (15.53%), Fat: 16.23g (24.97%), Saturated Fat: 8.4g (52.48%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 4.08g (1.48%), Sugar: 2.19g (2.43%), Cholesterol: 113.81mg (37.94%), Sodium: 637.92mg (27.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.82%), Vitamin A: 2965.02IU (59.3%), Vitamin B12: 3.4µg (56.71%), Zinc: 8.1mg (53.99%), Vitamin B3: 9.21mg (46.04%), Vitamin B6: 0.8mg (39.94%), Selenium: 27.83µg (39.75%), Phosphorus: 335.7mg (33.57%), Iron: 5.1mg (28.36%), Vitamin E: 3.36mg (22.41%), Potassium: 737.3mg (21.07%), Vitamin B2: 0.34mg (19.73%), Fiber: 3.31g (13.26%), Magnesium: 49.37mg (12.34%), Vitamin B5: 1.13mg (11.33%), Copper: 0.2mg (10.11%), Manganese: 0.2mg (10.09%), Vitamin K: 8.9µg (8.48%), Vitamin B1: 0.1mg (6.7%), Calcium: 47.83mg (4.78%), Folate: 17.46µg (4.36%), Vitamin C: 2.77mg (3.36%), Vitamin D: 0.15µg (1.01%)