

Little Smokies

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



16

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 ounce barbecue sauce
- 1 cup brown sugar packed
- 0.5 cup catsup
- 32 ounce little wieners
- 0.3 cup onion chopped
- 1 tablespoon worcestershire sauce

Equipment

- bowl

slow cooker

Directions

Stir together barbecue sauce, brown sugar, ketchup, Worcestershire sauce, onion, and wieners in the bowl of a slow cooker. Cook on LOW for 2 hours, or until ready to serve.

Nutrition Facts

 **PROTEIN 10.23%**  **FAT 48.3%**  **CARBS 41.47%**

Properties

Glycemic Index:1.69, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.9560869284298%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 287.5kcal (14.37%), Fat: 15.58g (23.96%), Saturated Fat: 5.37g (33.57%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 29.73g (10.81%), Sugar: 26.56g (29.52%), Cholesterol: 36.29mg (12.1%), Sodium: 993.79mg (43.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.85%), Phosphorus: 130.68mg (13.07%), Zinc: 1.2mg (7.97%), Copper: 0.15mg (7.63%), Potassium: 224.81mg (6.42%), Iron: 1.06mg (5.89%), Magnesium: 16.47mg (4.12%), Calcium: 31.2mg (3.12%), Manganese: 0.06mg (3.04%), Vitamin E: 0.37mg (2.44%), Vitamin B6: 0.05mg (2.27%), Vitamin A: 110.82IU (2.22%), Vitamin B2: 0.03mg (1.92%), Vitamin B3: 0.32mg (1.62%), Fiber: 0.37g (1.46%), Vitamin C: 0.88mg (1.07%)