



Orange Glazed Weenies



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



342 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 28 ounce little cocktail sausages smoked
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup orange juice concentrate frozen thawed
- ☐ 1 tablespoon orange zest grated

- ☐ 2 tablespoons rice vinegar
- ☐ 2 tablespoons water

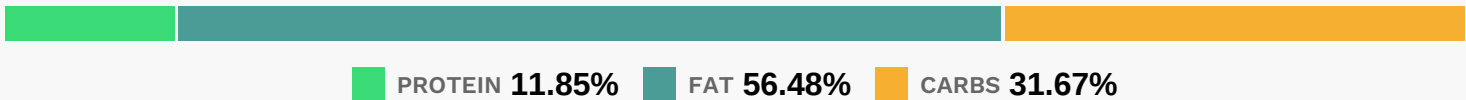
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a large bowl, mix together the orange juice concentrate, lemon juice, rice vinegar, orange zest, garlic powder, nutmeg, and brown sugar; stir to dissolve the sugar.
- ☐ Stir the cocktail sausages into the orange mixture to coat; pour the sausages and sauce into an 8x8-inch baking dish.
- ☐ Bake in the preheated oven until bubbly, 30 to 40 minutes. Stir every 10 minutes.
- ☐ In a small bowl, whisk the cornstarch and water to make a smooth paste.
- ☐ Remove the sausages from the sauce with a slotted spoon and place into a serving dish.
- ☐ Pour the sauce into a saucepan.
- ☐ Set the sauce over medium heat and cook until simmering; stir the cornstarch mixture into the sauce, and whisk until smooth and thickened, about 2 minutes.
- ☐ Pour the sauce over the cocktail sausages to serve.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.7360870228351%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 341.6kcal (17.08%), Fat: 21.62g (33.26%), Saturated Fat: 7.56g (47.22%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 27.01g (9.82%), Sugar: 24.71g (27.46%), Cholesterol: 50.8mg (16.93%), Sodium: 818.75mg (35.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.41%), Phosphorus: 177.83mg (17.78%), Vitamin C: 12.29mg (14.89%), Zinc: 1.61mg (10.76%), Copper: 0.18mg (9.09%), Iron: 1.18mg (6.55%), Potassium: 225.94mg (6.46%), Magnesium: 19.34mg (4.83%), Calcium: 32.13mg (3.21%), Vitamin B6: 0.04mg (2.17%), Folate: 6.99µg (1.75%), Vitamin B1: 0.03mg (1.68%), Manganese: 0.03mg (1.68%), Fiber: 0.26g (1.06%)