



## Port Huron-Style Coney Sauce

 Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



159 kcal

SAUCE

### Ingredients

- 1 teaspoon beef base
- 3 teaspoons buttery crackers keebler club® (such as Crackers)
- 0.3 teaspoon cayenne pepper
- 1.5 teaspoons chili powder
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground allspice
- 1 pound ground beef
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon ground cumin
- 0.5 teaspoon ground pepper black
- 0.3 teaspoon onion powder
- 2 teaspoons paprika
- 1 cup water as needed
- 2 teaspoons mustard yellow prepared

## Equipment

- sauce pan
- potato masher

## Directions

- Combine the ground chuck, chili powder, cinnamon, paprika, pepper, onion powder, garlic powder, cumin, cayenne pepper, allspice, mustard, beef base, and 1 cup water in a large saucepan over medium-high heat; use a potato masher to break up the beef and mix the rest of the ingredients through the beef; bring to a simmer; reduce heat to medium-low and continue to simmer 2 to 3 hours, adding water occasionally to keep the mixture moist. Once the mixture is softened, stir in the crushed crackers to thicken.

## Nutrition Facts

**PROTEIN 25.86%** **FAT 68.67%** **CARBS 5.47%**

## Properties

Glycemic Index:17.63, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:6.0656521424003%

## Nutrients (% of daily need)

Calories: 158.51kcal (7.93%), Fat: 11.98g (18.42%), Saturated Fat: 4.49g (28.04%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.59g (0.58%), Sugar: 0.3g (0.33%), Cholesterol: 40.27mg (13.42%), Sodium: 136.32mg (5.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Vitamin B12: 1.22µg (20.26%), Zinc: 2.44mg (16.3%), Selenium: 9.24µg (13.21%), Vitamin B3: 2.61mg (13.05%), Vitamin B6: 0.21mg (10.43%), Phosphorus: 100.67mg (10.07%), Iron: 1.46mg (8.11%), Vitamin A: 386.54IU (7.73%), Vitamin B2: 0.1mg (5.95%), Potassium: 183.84mg (5.25%), Vitamin E: 0.62mg (4.1%), Manganese: 0.08mg (4.04%), Magnesium: 13.3mg (3.32%), Vitamin B5: 0.32mg (3.15%), Vitamin K: 3.06µg (2.92%), Copper: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.63%), Fiber: 0.55g

(2.22%), Calcium: 20.47mg (2.05%), Folate: 6.03µg (1.51%)