



## Roasted-Tomato Coney Dog Topping

 **Gluten Free**  **Dairy Free**

READY IN



**325 min.**

SERVINGS



**24**

CALORIES



**118 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 pound bacon chopped
- 1 tablespoon brown sugar packed
- 32 ounces chili beans sauce rinsed drained canned
- 0.5 cup chili sauce
- 14.5 ounces canned tomatoes diced fire roasted organic undrained muir glen® canned
- 1 teaspoon garlic powder
- 2 teaspoons ground mustard
- 1 pound ground beef lean

- 1.5 cups onion chopped ( 2 large)
- 0.5 teaspoon salt
- 1 tablespoon vinegar white

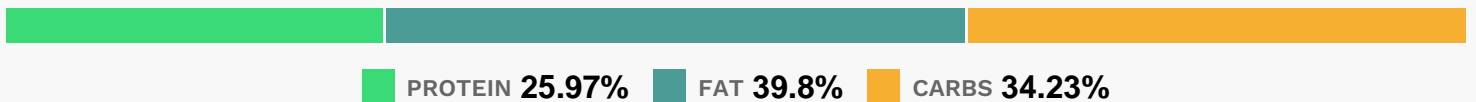
## Equipment

- frying pan
- paper towels
- slow cooker

## Directions

- Cook bacon in 12-inch skillet over medium-high heat, stirring frequently, until brown and crisp; drain bacon on paper towels and drain fat from skillet.
- Cook beef and onions in same skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain well.
- Mix beef mixture, bacon and remaining ingredients in 4- to 5-quart slow cooker.
- Cover and cook on Low heat setting 4 to 5 hours.
- Serve as a topping for hot dogs. Topping will hold on Low heat setting up to 2 hours; stir occasionally.

## Nutrition Facts



## Properties

Glycemic Index:3.42, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:5.4100000080855%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 118.42kcal (5.92%), Fat: 5.16g (7.94%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 7.93g (2.88%), Sugar: 4.06g (4.51%), Cholesterol: 17.95mg (5.98%), Sodium: 500.76mg (21.77%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.58g (15.16%), Zinc: 1.87mg (12.47%), Phosphorus: 117.04mg (11.7%), Vitamin B6: 0.23mg (11.27%), Selenium: 6.18µg (8.83%), Potassium: 293.25mg (8.38%), Vitamin B3: 1.67mg (8.33%), Fiber: 2.06g (8.23%), Vitamin B12: 0.47µg (7.91%), Iron: 1.38mg (7.65%), Copper: 0.13mg (6.36%), Magnesium: 24.75mg (6.19%), Vitamin B2: 0.1mg (6%), Vitamin B1: 0.06mg (4.04%), Folate: 13.52µg (3.38%), Vitamin C: 2.61mg (3.17%), Calcium: 23.49mg (2.35%), Vitamin A: 115.47IU (2.31%), Vitamin E: 0.29mg (1.96%), Vitamin B5: 0.19mg (1.89%), Manganese: 0.02mg (1.1%)