

Saucy Dogs

 Dairy Free

READY IN



12 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 frankfurters low-fat
- ☐ 0.5 pound ground round
- ☐ 8 hot dog buns
- ☐ 15 ounce sloppy joe sauce canned
- ☐ 1 cup onion chopped

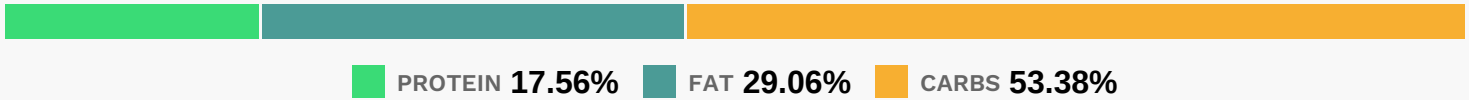
Equipment

- ☐ frying pan

Directions

- ☐ Combine beef and onion in a medium nonstick skillet over medium–high heat. Cook until beef is browned and onion is tender, stirring until meat crumbles.
- ☐ Drain, if necessary, and return to skillet.
- ☐ Add sloppy joe sauce to beef mixture, and bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally.
- ☐ While sauce cooks, cook frankfurters according to package directions.
- ☐ Place 1 frankfurter in each bun. Spoon beef mixture evenly over frankfurters.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:15.46, Inflammation Score:-3, Nutrition Score:11.060869448373%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 352.47kcal (17.62%), Fat: 11.25g (17.3%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 46.48g (15.49%), Net Carbohydrates: 45.38g (16.5%), Sugar: 16.22g (18.02%), Cholesterol: 38.68mg (12.89%), Sodium: 1175.13mg (51.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.58%), Selenium: 28.29µg (40.42%), Vitamin B3: 4.91mg (24.56%), Vitamin B1: 0.36mg (23.99%), Iron: 3.2mg (17.76%), Vitamin B2: 0.3mg (17.76%), Zinc: 2.61mg (17.41%), Folate: 67.5µg (16.88%), Vitamin B12: 0.95µg (15.76%), Manganese: 0.31mg (15.28%), Phosphorus: 145.44mg (14.54%), Vitamin B6: 0.18mg (8.89%), Calcium: 80mg (8%), Potassium: 237.75mg (6.79%), Magnesium: 23.29mg (5.82%), Copper: 0.11mg (5.48%), Fiber: 1.11g (4.42%), Vitamin B5: 0.43mg (4.27%), Vitamin C: 2.08mg (2.52%), Vitamin K: 2.35µg (2.24%), Vitamin E: 0.21mg (1.4%)