



Slow-Cooker Beans 'n Wieners

 Gluten Free  Dairy Free

READY IN



310 min.

SERVINGS



8

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb hot dogs cut into 4 pieces
- 0.5 cup catsup
- 0.3 cup blackstrap molasses
- 0.3 cup onion finely chopped ()
- 45 oz tomato sauce undrained canned
- 2 teaspoons mustard yellow

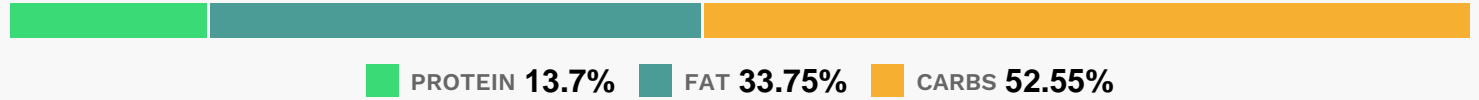
Equipment

- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, mix ingredients.
- Cover; cook on Low heat setting 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:9.22, Inflammation Score:-7, Nutrition Score:12.854782539865%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 226.77kcal (11.34%), Fat: 8.97g (13.79%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 28.83g (10.49%), Sugar: 16.97g (18.85%), Cholesterol: 25.51mg (8.5%), Sodium: 1297.59mg (56.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Selenium: 18.41µg (26.3%), Potassium: 761.48mg (21.76%), Manganese: 0.41mg (20.55%), Vitamin B3: 4.01mg (20.07%), Iron: 3.45mg (19.16%), Vitamin B2: 0.29mg (17.04%), Vitamin E: 2.52mg (16.8%), Vitamin A: 768.43IU (15.37%), Magnesium: 59.83mg (14.96%), Vitamin C: 12.21mg (14.8%), Copper: 0.29mg (14.73%), Vitamin B6: 0.29mg (14.29%), Vitamin B1: 0.19mg (12.33%), Folate: 44.52µg (11.13%), Phosphorus: 109.15mg (10.92%), Zinc: 1.57mg (10.46%), Fiber: 2.58g (10.3%), Vitamin B5: 0.89mg (8.89%), Calcium: 61.71mg (6.17%), Vitamin B12: 0.29µg (4.91%), Vitamin K: 4.95µg (4.72%)