



## Slow-Cooker Chili Dogs

READY IN



135 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 85% lean (at least )
- 1 cup onion chopped (2 medium)
- 3 cloves garlic finely chopped
- 29 oz tomatoes diced undrained canned
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon worcestershire sauce
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

- 1 package hot dogs (8 count)
- 8 hotdog buns split
- 0.3 cup onion chopped ( )
- 2 oz cheddar cheese shredded

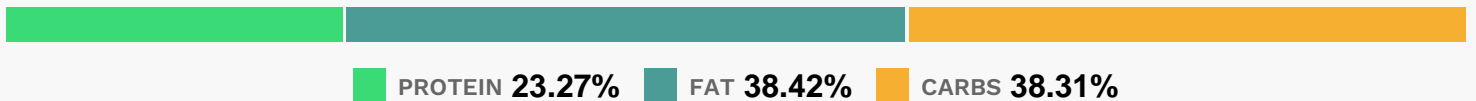
## Equipment

- frying pan
- slow cooker

## Directions

- In 10-inch skillet, cook ground beef, 1 cup onions and the garlic over medium-high heat about 5 to 7 minutes, stirring occasionally, until beef is no longer pink.
- Drain, if necessary.
- In 3 1/2- to 4-quart slow cooker, place beef mixture, tomatoes, chili powder, cumin, Worcestershire sauce, salt and pepper; mix until well combined.
- Place hot dogs in slow cooker; cover with chili mixture.
- Cover; cook on High heat setting 2 hours or on Low heat setting 4 to 6 hours.
- Serve chili dogs in buns; top with onion and cheese.

## Nutrition Facts



## Properties

Glycemic Index:39.67, Glycemic Load:17.89, Inflammation Score:-7, Nutrition Score:20.552173899568%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

## Nutrients (% of daily need)

Calories: 405.71kcal (20.29%), Fat: 17.35g (26.7%), Saturated Fat: 6.82g (42.62%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 35.4g (12.87%), Sugar: 9.06g (10.06%), Cholesterol: 60.93mg (20.31%), Sodium: 820.09mg (35.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.29%), Selenium: 30.91µg (44.16%), Vitamin B3: 7.11mg (35.56%), Iron: 5.7mg (31.68%), Vitamin B12: 1.85µg (30.91%), Zinc: 4.51mg (30.06%), Vitamin B1: 0.43mg (28.73%), Phosphorus: 276.01mg (27.6%), Manganese: 0.55mg (27.58%), Vitamin B6: 0.55mg (27.28%), Vitamin B2: 0.43mg (25.15%), Calcium: 224.81mg (22.48%), Vitamin C: 16.61mg (20.13%), Folate: 77.74µg (19.44%), Potassium: 659.02mg (18.83%), Fiber: 3.54g (14.17%), Vitamin A: 661.42IU (13.23%), Magnesium: 52.7mg (13.17%), Vitamin E: 1.98mg (13.17%), Copper: 0.25mg (12.5%), Vitamin K: 9.65µg (9.19%), Vitamin B5: 0.68mg (6.8%)