



## Slow-Cooker Mexican Chili Cheese Dogs

 Gluten Free

READY IN



375 min.

SERVINGS



36

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz mild cheddar cheese with jalapeño peppers, cut into cubes (1 1/2 cups) prepared
- 0.5 cup mild cheddar cheese
- 15 oz chili without beans canned
- 3 lb sausage smoked
- 0.3 cup cilantro leaves fresh chopped

### Equipment

- slow cooker

## Directions

- In 3- to 4-quart slow cooker, place cheese, taco sauce, chili and hot dogs; stir to coat well.
- Cover; cook on Low heat setting 5 to 6 hours, stirring once halfway through cooking. Before serving, sprinkle with cilantro.
- Serve hot dogs with tortilla chips, if desired.

## Nutrition Facts

**PROTEIN 21.17%** **FAT 76.53%** **CARBS 2.3%**

## Properties

Glycemic Index:3.17, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:4.0604347612547%

## Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 160.98kcal (8.05%), Fat: 13.54g (20.84%), Saturated Fat: 5.1g (31.89%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.16g (0.17%), Cholesterol: 37.57mg (12.52%), Sodium: 340.47mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Vitamin B3: 1.93mg (9.65%), Phosphorus: 96.22mg (9.62%), Vitamin B12: 0.53µg (8.75%), Zinc: 1.24mg (8.28%), Vitamin B1: 0.11mg (7.33%), Vitamin B6: 0.14mg (6.82%), Calcium: 62.66mg (6.27%), Vitamin B2: 0.09mg (5.54%), Selenium: 3µg (4.28%), Iron: 0.67mg (3.73%), Vitamin D: 0.55µg (3.67%), Potassium: 122.23mg (3.49%), Vitamin B5: 0.31mg (3.05%), Copper: 0.05mg (2.5%), Magnesium: 9.81mg (2.45%), Vitamin A: 114.7IU (2.29%), Manganese: 0.04mg (1.79%), Vitamin E: 0.2mg (1.36%)