



Slow-Cooker Mexican Chili Cheese Dogs



Gluten Free

READY IN



375 min.

SERVINGS



36

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

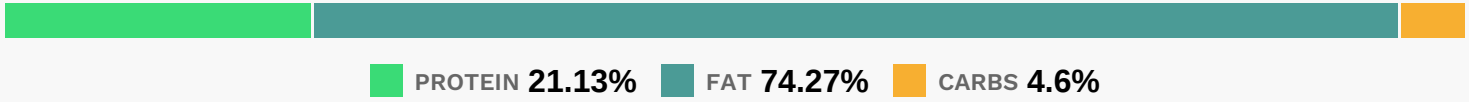
Equipment

- ☐ 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



Properties

Glycemic Index:1.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.7378260596939%

Flavonoids

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

Nutrients (% of daily need)

Calories: 155.44kcal (7.77%), Fat: 12.67g (19.49%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.97g (1.07%), Cholesterol: 35.68mg (11.89%), Sodium: 366.68mg (15.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.21%), Vitamin B3: 1.93mg (9.66%), Phosphorus: 87.77mg (8.78%), Vitamin B12: 0.52µg (8.65%), Zinc: 1.14mg (7.62%), Vitamin B1: 0.11mg (7.28%), Vitamin B6: 0.13mg (6.75%), Calcium: 48.54mg (4.85%), Vitamin B2: 0.08mg (4.67%), Iron: 0.7mg (3.87%), Vitamin D: 0.53µg (3.56%), Potassium: 121.53mg (3.47%), Vitamin B5: 0.29mg (2.88%), Copper: 0.05mg (2.45%), Selenium: 1.71µg (2.45%), Magnesium: 9.26mg (2.31%), Manganese: 0.04mg (1.82%), Vitamin A: 77.36IU (1.55%), Vitamin E: 0.16mg (1.07%)