



WHATSheATE



Slow-Cooker Pineapple Glazed Cocktail Sausages



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



24

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10.5 oz bell pepper red
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup barbecue sauce
- ☐ 16 oz pineapple chunks drained canned
- ☐ 28 oz little wieners smoked
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons water

☐

1 serving frangelico

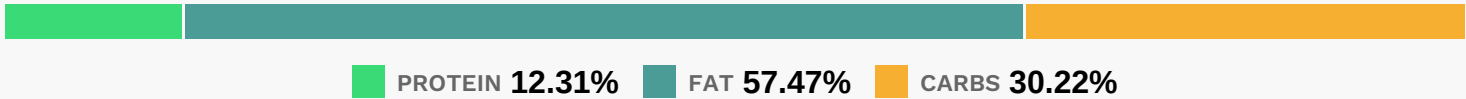
Equipment

- ☐ bowl
- ☐ skewers
- ☐ slow cooker

Directions

- ☐ Spray 2 1/2- to 3 1/2-quart slow cooker with cooking spray. In slow cooker, mix pepper jelly, brown sugar, barbecue sauce and pineapple. Stir in sausages.
- ☐ Cover; cook on Low heat setting 3 hours.
- ☐ In small bowl, mix cornstarch and water until smooth. Gradually add cornstarch mixture to sausage mixture, stirring constantly. Increase heat setting to High. Cook uncovered 1 hour longer or until glaze is thickened.
- ☐ Serve warm on skewers, if desired.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:3.1200000267962%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 139.64kcal (6.98%), Fat: 9.05g (13.92%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 10.16g (3.69%), Sugar: 9.44g (10.49%), Cholesterol: 21.17mg (7.06%), Sodium: 381mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin C: 17.68mg (21.43%), Vitamin A: 406.68IU (8.13%), Phosphorus: 75.69mg (7.57%), Zinc: 0.71mg (4.73%), Copper: 0.09mg (4.69%), Potassium: 122.15mg (3.49%), Iron: 0.56mg (3.09%), Vitamin B6: 0.06mg (2.76%), Magnesium: 10.9mg (2.72%), Fiber: 0.54g (2.18%), Vitamin B1: 0.03mg (1.79%), Folate: 6.78µg (1.69%), Vitamin E: 0.23mg (1.54%), Calcium: 12.69mg (1.27%), Manganese: 0.02mg (1.1%), Vitamin B3: 0.2mg (1.02%)