



Southern-Style Grilled Franks

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup hunt's® original barbecue sauce
- ☐ 12 ounce all-beef hot dog hebrew national®
- ☐ 12 ounce broccoli coleslaw
- ☐ 0.1 teaspoon celery seed
- ☐ 3 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon gulden's® spicy brown mustard

- ☐ 4 bratwurst rolls
- ☐ 0.3 cup citrus champagne vinegar

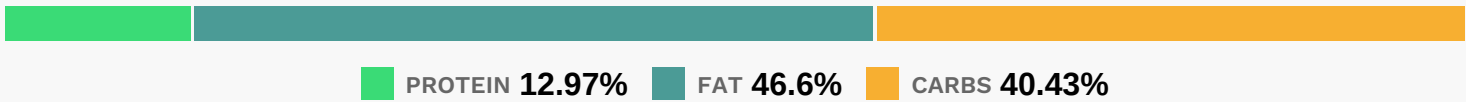
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Spray cold grate of outdoor grill and utensils with grilling spray. Prepare grill for medium heat.
- ☐ Stir together vinegar, sugar, salt, pepper, mustard and celery seed in medium bowl.
- ☐ Add broccoli coleslaw and toss to combine; cover and set aside.
- ☐ Grill franks 5 to 10 minutes or until hot, turning frequently. Toast inside of rolls.
- ☐ Place franks in rolls and top each frank with 1 tablespoon barbecue sauce and 1/3 cup broccoli slaw.
- ☐ Serve immediately. Extra coleslaw may be served on the side or with another meal.

Nutrition Facts



Properties

Glycemic Index:51.77, Glycemic Load:29.28, Inflammation Score:-6, Nutrition Score:16.333043583061%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

Nutrients (% of daily need)

Calories: 544.65kcal (27.23%), Fat: 28.42g (43.72%), Saturated Fat: 10.66g (66.61%), Carbohydrates: 55.49g (18.5%), Net Carbohydrates: 54.17g (19.7%), Sugar: 20.62g (22.91%), Cholesterol: 47.63mg (15.88%), Sodium: 1670.34mg (72.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.6%), Vitamin C: 79.46mg (96.32%), Iron: 12.79mg (71.05%), Vitamin B12: 1.39µg (23.1%), Selenium: 12.85µg (18.36%), Phosphorus: 181.38mg (18.14%), Folate: 65.94µg (16.48%), Zinc: 2.25mg (15%), Manganese: 0.28mg (14.07%), Vitamin B3: 2.61mg (13.03%), Potassium: 439.64mg (12.56%), Vitamin B2: 0.2mg (11.71%), Vitamin B6: 0.21mg (10.58%), Magnesium: 36.25mg (9.06%), Copper: 0.18mg (8.86%), Vitamin A: 382.08IU (7.64%), Vitamin B5: 0.68mg (6.77%), Calcium: 65.39mg

(6.54%), Vitamin B1: 0.09mg (6%), Fiber: 1.32g (5.29%), Vitamin D: 0.51µg (3.4%)