



Sweet and Sour Hotdogs

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



8

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce frankfurters cut into 1/2 inch pieces
- ☐ 1 cup catsup
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup currant jelly red
- ☐ 1 tablespoon vegetable oil

Equipment

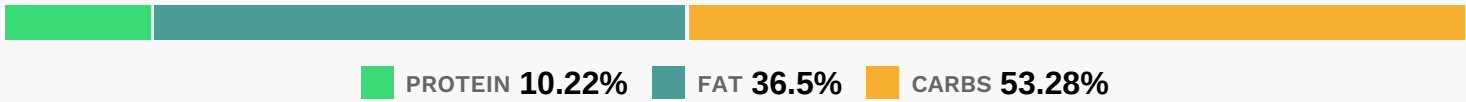
- ☐ frying pan
- ☐ sauce pan

☐ toothpicks

Directions

- ☐ Heat oil in a large skillet over medium high heat. Cook frankfurters until browned. Reduce heat to simmer.
- ☐ In a medium saucepan over low heat, mix ketchup, red currant jelly and lemon juice until simmering, about 10 minutes.
- ☐ Pour ketchup mixture over frankfurters. Thoroughly coat frankfurters.
- ☐ Remove from heat and serve with toothpicks.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:10.85, Inflammation Score:-2, Nutrition Score:6.0017391909724%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 244.72kcal (12.24%), Fat: 10.16g (15.63%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 33.05g (12.02%), Sugar: 16.73g (18.59%), Cholesterol: 25.51mg (8.5%), Sodium: 666.73mg (28.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.81%), Selenium: 15.66µg (22.37%), Vitamin B2: 0.22mg (13.23%), Vitamin B3: 2.55mg (12.73%), Vitamin B1: 0.14mg (9.54%), Iron: 1.55mg (8.6%), Folate: 33.07µg (8.27%), Zinc: 1.21mg (8.06%), Phosphorus: 68.07mg (6.81%), Potassium: 184.73mg (5.28%), Vitamin B12: 0.29µg (4.91%), Copper: 0.09mg (4.56%), Manganese: 0.09mg (4.55%), Vitamin C: 3.64mg (4.41%), Vitamin E: 0.6mg (4.03%), Vitamin B6: 0.08mg (4.03%), Vitamin K: 4.03µg (3.83%), Vitamin B5: 0.31mg (3.15%), Vitamin A: 153.98IU (3.08%), Magnesium: 12.2mg (3.05%), Calcium: 22.43mg (2.24%), Fiber: 0.33g (1.31%)