



Texas Hotdog Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



819 kcal

SAUCE

Ingredients

- ☐ 4 beef frankfurters diced
- ☐ 0.5 teaspoon browning sauce
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 cup bread crumbs dry fine
- ☐ 0.5 clove garlic minced peeled
- ☐ 4 ounces ground beef
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper black

- ☐ 4 ounces ground pork
- ☐ 0.8 teaspoon paprika
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup onion diced sweet
- ☐ 10.8 ounce all natural tomato soup canned
- ☐ 1 tablespoon vegetable oil
- ☐ 2.5 cups water

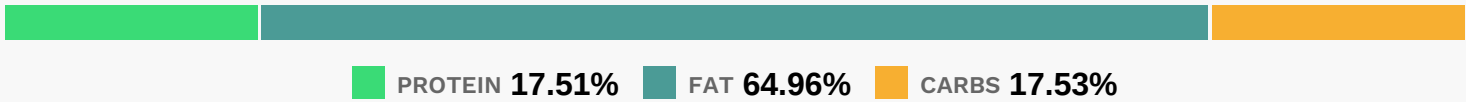
Equipment

- ☐ frying pan

Directions

- ☐ Heat vegetable oil in a large, deep skillet over medium high heat.
- ☐ Place ground beef, ground pork, frankfurters, and sweet onion in the skillet. Cook until meat is evenly brown and onion is soft.
- ☐ Drain and lower heat.
- ☐ Mix in garlic, browning sauce, ground black pepper, salt, tomato soup, water, paprika, chili powder, cinnamon and dry bread crumbs. Slowly simmer until thick, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:3.25, Inflammation Score:-7, Nutrition Score:29.754782697429%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 818.98kcal (40.95%), Fat: 59.45g (91.46%), Saturated Fat: 21.48g (134.28%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 30.88g (11.23%), Sugar: 11.21g (12.46%), Cholesterol: 131.48mg (43.83%), Sodium: 2290.92mg (99.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.06g (72.12%), Selenium: 40.91µg (58.45%), Vitamin B1: 0.86mg (57.28%), Vitamin B3: 10.75mg (53.75%), Vitamin B12: 3.17µg (52.86%), Zinc: 6.53mg (43.52%), Phosphorus: 419.4mg (41.94%), Vitamin B6: 0.79mg (39.5%), Manganese: 0.77mg (38.48%), Iron: 6.5mg (36.08%), Copper: 0.61mg (30.57%), Vitamin B2: 0.51mg (30.28%), Potassium: 992.6mg (28.36%), Vitamin K: 25.23µg (24.03%), Vitamin E: 3.15mg (20.99%), Fiber: 5.2g (20.81%), Magnesium: 82.12mg (20.53%), Vitamin C: 15.65mg (18.97%), Vitamin A: 853.09IU (17.06%), Folate: 66.12µg (16.53%), Calcium: 155.12mg (15.51%), Vitamin B5: 1.49mg (14.88%), Vitamin D: 0.6µg (3.98%)