



Turkey Franks with Molasses Baked Beans

 Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon cut into 1/2-inch dice
- 54 oz baked beans
- 0.3 cup t brown sugar dark
- 0.3 cup blackstrap molasses dark
- 1 tablespoon ground mustard dry
- 1 eggs lightly beaten
- 12 oz hot dogs (8 hot dogs)
- 0.5 teaspoon kosher salt

- 1 onion chopped
- 20 oz pizza dough refrigerated
- 3 tablespoons worcestershire sauce

Equipment

- frying pan
- baking sheet
- paper towels
- oven
- slotted spoon

Directions

- Preheat oven to 375F. Make baked beans: Cook bacon in a large skillet over medium heat until crispy, about 10 minutes. Using a slotted spoon, transfer bacon to a paper towel-lined plate to drain fat. Discard all but 1 Tbsp. fat from pan.
- Add onion to skillet and cook until translucent, about 5 minutes. Stir in beans, brown sugar, molasses, Worcestershire sauce, dry mustard and salt. Cover and cook over medium-low heat for 25 minutes.
- Remove dough from package. (Do not tear dough along perforations.)
- Cut it in half crosswise. On a lightly floured surface, roll out and stretch one half lengthwise, and then trim short ends to form a 10- by-6-inch rectangle.
- Cut diagonally into 2 triangles.
- Roll up 1 hot dog in each triangle from one wide end to a point, pressing lightly to seal.
- Brush dough with egg. Repeat with remaining dough and hot dogs.
- Bake on a lightly oiled baking sheet until golden, 15 to 18 minutes.
- Serve with baked beans.

Nutrition Facts



PROTEIN 14.14% FAT 26.06% CARBS 59.8%

Properties

Glycemic Index:9.44, Glycemic Load:9.48, Inflammation Score:-3, Nutrition Score:10.213913006627%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 336.22kcal (16.81%), Fat: 10.07g (15.5%), Saturated Fat: 3.36g (21%), Carbohydrates: 52g (17.33%), Net Carbohydrates: 45.64g (16.6%), Sugar: 10.79g (11.99%), Cholesterol: 34.07mg (11.36%), Sodium: 1038.54mg (45.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.6%), Fiber: 6.36g (25.45%), Manganese: 0.5mg (25.03%), Selenium: 15.54µg (22.21%), Iron: 3.91mg (21.71%), Phosphorus: 161.07mg (16.11%), Zinc: 2.15mg (14.36%), Copper: 0.28mg (14.24%), Potassium: 498.19mg (14.23%), Magnesium: 55.88mg (13.97%), Folate: 51.69µg (12.92%), Vitamin B1: 0.15mg (9.72%), Vitamin B3: 1.77mg (8.83%), Calcium: 82.79mg (8.28%), Vitamin B6: 0.15mg (7.74%), Vitamin B2: 0.13mg (7.68%), Vitamin B5: 0.38mg (3.77%), Vitamin C: 3.08mg (3.74%), Vitamin B12: 0.19µg (3.13%)