

# Frankfurter Stew

Iris Howell

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 large onion  
1 tablespoon margarine  
3 green peppers  
1 large can tomatoes  
1 package frankfurters, cut into one-inch pieces  
salt (to taste)  
paprika (to taste)

Chop the onion and brown in margarine.

Wash and core the peppers; slice into rings.

Saute' the tomatoes, onion and peppers for about 20 minutes.

Add the frankfurters. Add the salt and paprika. Cook for an additional 10 minutes.

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Per Serving (excluding unknown items): 448 Calories; 29g Fat (56.0% calories from fat); 12g Protein; 40g Carbohydrate; 10g Dietary Fiber; 29mg Cholesterol; 793mg Sodium. Exchanges: 1 Lean Meat; 6 1/2 Vegetable; 5 Fat.

Pork, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	448
% Calories from Fat:	56.0%
% Calories from Carbohydrates:	33.8%
% Calories from Protein:	10.2%
Total Fat (g):	29g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	29mg
Carbohydrate (g):	40g
Dietary Fiber (g):	10g
Protein (g):	12g
Sodium (mg):	793mg
Potassium (mg):	1179mg

Vitamin B6 (mg):	1.2mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	120mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	6 1/2
Fruit:	0

**Calcium (mg):** 71mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 364mg  
**Vitamin A (i.u.):** 3527IU  
**Vitamin A (r.e.):** 414RE

**Non-Fat Milk:** 0  
**Fat:** 5  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 448                      Calories from Fat: 251

### % Daily Values\*

<b>Total Fat</b>	29g	45%
Saturated Fat	8g	41%
<b>Cholesterol</b>	29mg	10%
<b>Sodium</b>	793mg	33%
<b>Total Carbohydrates</b>	40g	13%
Dietary Fiber	10g	39%
<b>Protein</b>	12g	

<b>Vitamin A</b>	71%
<b>Vitamin C</b>	607%
<b>Calcium</b>	7%
<b>Iron</b>	17%

\* Percent Daily Values are based on a 2000 calorie diet.