

Sriracha Franks

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1 cup ketchup
1/4 cup soy sauce
1/4 cup rice vinegar
3 tablespoons brown sugar
3 tablespoons Sriracha sauce
1 clove garlic, grated
2 teaspoons ginger, grated
1 package (14 ounce) cocktail franks

In a large saucepan, bring the ketchup, soy sauce, vinegar, sugar, Sriracha, garlic and ginger to a simmer.

Add the cocktail franks.

Cook until warm, 3 to 5 minutes.

Per Serving (excluding unknown items): 415 Calories; 1g Fat (2.1% calories from fat); 8g Protein; 105g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 6974mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat; 6 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	415
% Calories from Fat:	2.1%
% Calories from Carbohydrates:	91.2%
% Calories from Protein:	6.7%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	105g
Dietary Fiber (g):	4g
Protein (g):	8g
Sodium (mg):	6974mg
Potassium (mg):	1498mg
Calcium (mg):	94mg
Iron (mg):	4mg
Zinc (mg):	1mg

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	49mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	6 1/2

Vitamin C (mg): 37mg
Vitamin A (i.u.): 2444IU
Vitamin A (r.e.): 245 1/2RE

Nutrition Facts

Amount Per Serving

Calories	415	Calories from Fat: 9
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% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	6974mg	291%
Total Carbohydrates	105g	35%
Dietary Fiber	4g	16%
Protein	8g	
Vitamin A		49%
Vitamin C		62%
Calcium		9%
Iron		24%

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