



Pump-Up-the-Jam Cocktail Weenies



1/14th of recipe (3 cocktail weenies with sauce): 88 calories, 1g total fat (0g sat fat), 692mg sodium, 14.5g carbs, 0g fiber, 8.5g sugars, 5.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 10 minutes **Cook:** 3 - 4 hours



Tagged: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

14 hot dogs with about 40 calories and 1g fat or less each
3/4 cup very finely chopped onion
1 cup chili sauce (the kind found by the ketchup)
3/4 cup low-sugar grape preserves/jelly
1 1/2 tsp. Dijon mustard

Directions

Cut each hot dog into three cocktail-sized franks. Place in a slow cooker, and top with onion.

In a medium bowl, thoroughly mix chili sauce, preserves/jelly, and mustard. Add to the slow cooker, and gently stir to coat.

Cover and cook on low for 3 - 4 hours.

Stir well before serving.

MAKES 14 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.