



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

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



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

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.