

# FRANK'S HOT WING SAUCE NUTRITION

FRANK'S HOT WING SAUCE NUTRITION IS A TOPIC OF INTEREST FOR MANY CONSUMERS WHO ENJOY FLAVORFUL, SPICY CONDIMENTS BUT ALSO WANT TO BE MINDFUL OF THEIR DIETARY INTAKE. THIS ARTICLE PROVIDES A DETAILED EXAMINATION OF THE NUTRITIONAL PROFILE OF FRANK'S HOT WING SAUCE, HIGHLIGHTING ITS CALORIE CONTENT, MACRONUTRIENTS, VITAMINS, MINERALS, AND OTHER IMPORTANT DIETARY CONSIDERATIONS. UNDERSTANDING THE NUTRITIONAL INFORMATION BEHIND THIS POPULAR SAUCE CAN HELP INDIVIDUALS MAKE INFORMED CHOICES ABOUT INCORPORATING IT INTO THEIR MEALS. ADDITIONALLY, THIS ARTICLE EXPLORES THE INGREDIENTS THAT CONTRIBUTE TO ITS NUTRITIONAL VALUE AND ADDRESSES COMMON QUESTIONS RELATED TO HEALTH BENEFITS AND POTENTIAL DIETARY RESTRICTIONS. WHETHER USING IT FOR WINGS, DIPS, OR COOKING, KNOWING THE NUTRITIONAL FACTS OF FRANK'S HOT WING SAUCE IS ESSENTIAL FOR BALANCED EATING. THE FOLLOWING SECTIONS WILL COVER THE DETAILED NUTRITION FACTS, INGREDIENT ANALYSIS, HEALTH IMPLICATIONS, AND TIPS FOR USING THE SAUCE IN A HEALTH-CONSCIOUS MANNER.

- NUTRITION FACTS OF FRANK'S HOT WING SAUCE
- INGREDIENT BREAKDOWN AND NUTRITIONAL IMPACT
- HEALTH BENEFITS AND DIETARY CONSIDERATIONS
- USING FRANK'S HOT WING SAUCE IN A BALANCED DIET

## NUTRITION FACTS OF FRANK'S HOT WING SAUCE

EXAMINING THE NUTRITION FACTS OF FRANK'S HOT WING SAUCE PROVIDES INSIGHT INTO WHAT CONSUMERS ARE INGESTING WITH EACH SERVING. THIS SAUCE IS KNOWN FOR ITS BOLD FLAVOR AND MODERATE HEAT, BUT IT ALSO MAINTAINS A RELATIVELY LOW CALORIC PROFILE. TYPICALLY, A SERVING SIZE IS ABOUT ONE TABLESPOON (15 ML), WHICH IS A COMMON MEASURE USED FOR SAUCES AND DRESSINGS.

## CALORIC CONTENT AND MACRONUTRIENTS

FRANK'S HOT WING SAUCE CONTAINS APPROXIMATELY 0 TO 5 CALORIES PER TABLESPOON, MAKING IT A LOW-CALORIE CONDIMENT OPTION. THE SAUCE IS VIRTUALLY FAT-FREE AND CONTAINS NEGLIGIBLE AMOUNTS OF CARBOHYDRATES AND PROTEIN, WHICH MEANS IT DOES NOT SIGNIFICANTLY CONTRIBUTE TO DAILY MACRONUTRIENT INTAKE. THIS LOW ENERGY DENSITY MAKES IT SUITABLE FOR THOSE MONITORING CALORIE INTAKE OR FOLLOWING WEIGHT MANAGEMENT PLANS.

## SODIUM CONTENT

ONE OF THE CRITICAL NUTRITIONAL ASPECTS OF FRANK'S HOT WING SAUCE IS ITS SODIUM CONTENT. TYPICALLY, A SINGLE TABLESPOON CONTAINS AROUND 190 TO 200 MILLIGRAMS OF SODIUM, WHICH ACCOUNTS FOR ROUGHLY 8-9% OF THE RECOMMENDED DAILY VALUE BASED ON A 2,000-CALORIE DIET. WHILE THE SAUCE ADDS FLAVOR, THE HIGH SODIUM CONCENTRATION MAY REQUIRE MODERATION FOR INDIVIDUALS MANAGING HYPERTENSION OR SODIUM-SENSITIVE CONDITIONS.

## OTHER NUTRITIONAL COMPONENTS

THE SAUCE CONTAINS TRACE AMOUNTS OF SUGARS AND DOES NOT PROVIDE SIGNIFICANT FIBER, VITAMINS, OR MINERALS IN

MEANINGFUL QUANTITIES. IT IS FREE FROM CHOLESTEROL AND SATURATED FATS, WHICH ALIGN WITH ITS USE AS A CONDIMENT RATHER THAN A NUTRIENT SOURCE.

## INGREDIENT BREAKDOWN AND NUTRITIONAL IMPACT

UNDERSTANDING THE INGREDIENTS USED IN FRANK'S HOT WING SAUCE SHEDS LIGHT ON ITS NUTRITIONAL PROFILE AND HEALTH EFFECTS. THE SAUCE IS COMPOSED PRIMARILY OF AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT, GARLIC POWDER, AND NATURAL BUTTER FLAVORING.

### AGED CAYENNE PEPPER

THE AGED CAYENNE PEPPER IS THE PRIMARY SOURCE OF HEAT AND FLAVOR. CAYENNE PEPPERS CONTAIN CAPSAICIN, A COMPOUND LINKED TO METABOLISM-BOOSTING AND ANTI-INFLAMMATORY PROPERTIES. WHILE THE PEPPER ITSELF CONTRIBUTES MINIMAL CALORIES, IT PLAYS A CRUCIAL ROLE IN THE SAUCE'S DISTINCTIVE SPICY TASTE.

### VINEGAR AND WATER

VINEGAR ADDS ACIDITY AND TARTNESS WITHOUT ADDING CALORIES OR FAT. IT MAY ALSO AID DIGESTION. WATER SERVES AS A SOLVENT AND DILUENT, CONTRIBUTING NO CALORIES OR NUTRIENTS.

### SALT AND GARLIC POWDER

SALT IS RESPONSIBLE FOR THE SAUCE'S SODIUM CONTENT AND FLAVOR ENHANCEMENT. GARLIC POWDER ADDS AROMA AND SUBTLE TASTE, CONTRIBUTING MINIMAL CALORIES BUT SOME ANTIOXIDANTS AND TRACE NUTRIENTS BENEFICIAL FOR HEALTH.

### NATURAL BUTTER FLAVORING

THE NATURAL BUTTER FLAVORING IMPARTS A RICH, BUTTERY TASTE WITHOUT SIGNIFICANT FAT OR CALORIC CONTENT. IT IS IMPORTANT TO NOTE THIS FLAVORING IS ARTIFICIAL AND DOES NOT PROVIDE THE NUTRITIONAL BENEFITS OF REAL BUTTER.

## HEALTH BENEFITS AND DIETARY CONSIDERATIONS

WHILE FRANK'S HOT WING SAUCE IS PRIMARILY USED AS A CONDIMENT, ITS NUTRITIONAL CONTENT AND INGREDIENTS OFFER SOME HEALTH CONSIDERATIONS TO BE AWARE OF.

### POTENTIAL HEALTH BENEFITS

THE PRESENCE OF CAYENNE PEPPER AND CAPSAICIN MAY OFFER BENEFITS SUCH AS IMPROVED METABOLISM AND ANTI-INFLAMMATORY EFFECTS. ADDITIONALLY, THE LOW-CALORIE AND FAT-FREE NATURE OF THE SAUCE MAKES IT AN ATTRACTIVE OPTION FOR FLAVORING FOODS WITHOUT ADDING UNWANTED CALORIES OR FATS.

## SODIUM AND HEART HEALTH

THE RELATIVELY HIGH SODIUM CONTENT NECESSITATES CAUTION FOR INDIVIDUALS WITH HIGH BLOOD PRESSURE OR CARDIOVASCULAR CONCERNS. EXCESSIVE SODIUM INTAKE CAN CONTRIBUTE TO INCREASED BLOOD PRESSURE AND RELATED HEALTH RISKS.

## ALLERGEN AND DIETARY SUITABILITY

FRANK'S HOT WING SAUCE IS GENERALLY FREE FROM COMMON ALLERGENS SUCH AS GLUTEN, DAIRY, AND NUTS, ALTHOUGH IT CONTAINS NATURAL BUTTER FLAVORING, WHICH MAY CONCERN SOME STRICT DAIRY-FREE DIETS. IT IS SUITABLE FOR VEGAN AND VEGETARIAN DIETS AND DOES NOT CONTAIN ADDED SUGARS OR ARTIFICIAL PRESERVATIVES.

## USING FRANK'S HOT WING SAUCE IN A BALANCED DIET

INCORPORATING FRANK'S HOT WING SAUCE INTO MEALS CAN ENHANCE FLAVOR WHILE MAINTAINING NUTRITIONAL BALANCE WHEN USED APPROPRIATELY.

## RECOMMENDED SERVING AND PAIRINGS

USING THE SAUCE IN MODERATION, TYPICALLY ONE TO TWO TABLESPOONS PER SERVING, ENSURES THAT SODIUM INTAKE REMAINS WITHIN HEALTHY LIMITS. IT PAIRS WELL WITH GRILLED CHICKEN, VEGETABLES, AND SNACKS LIKE CELERY OR CARROTS, ADDING ZEST WITHOUT EXCESS CALORIES.

## HEALTHY RECIPE IDEAS

- GRILLED CHICKEN WINGS TOSSED IN FRANK'S HOT WING SAUCE WITH A SIDE OF STEAMED VEGETABLES
- BUFFALO CAULIFLOWER BITES USING THE SAUCE AS A COATING BEFORE BAKING
- SPICY DIPPING SAUCE MIXED WITH GREEK YOGURT FOR A LOWER-CALORIE OPTION
- ADDING A SPLASH TO SOUPS OR STEWS FOR A FLAVOR BOOST WITHOUT ADDED FAT

## STORAGE AND USAGE TIPS

PROPER STORAGE IN A COOL, DRY PLACE PRESERVES THE SAUCE'S FLAVOR AND QUALITY. REFRIGERATION AFTER OPENING IS RECOMMENDED TO MAINTAIN FRESHNESS. USING THE SAUCE AS A FLAVOR ENHANCER RATHER THAN A PRIMARY INGREDIENT HELPS MAINTAIN A BALANCED DIET FOCUSED ON WHOLE, NUTRIENT-DENSE FOODS.

## FREQUENTLY ASKED QUESTIONS

### WHAT ARE THE MAIN INGREDIENTS IN FRANK'S HOT WING SAUCE?

FRANK'S HOT WING SAUCE PRIMARILY CONTAINS AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT, AND GARLIC POWDER.

### HOW MANY CALORIES ARE IN A SERVING OF FRANK'S HOT WING SAUCE?

A TYPICAL SERVING SIZE OF 1 TABLESPOON OF FRANK'S HOT WING SAUCE CONTAINS ABOUT 0 TO 5 CALORIES, MAKING IT A LOW-CALORIE CONDIMENT.

### IS FRANK'S HOT WING SAUCE GLUTEN-FREE?

YES, FRANK'S HOT WING SAUCE IS GLUTEN-FREE, MAKING IT SUITABLE FOR INDIVIDUALS WITH GLUTEN SENSITIVITIES OR CELIAC DISEASE.

### DOES FRANK'S HOT WING SAUCE CONTAIN ANY FAT OR CHOLESTEROL?

NO, FRANK'S HOT WING SAUCE CONTAINS 0 GRAMS OF FAT AND 0 MILLIGRAMS OF CHOLESTEROL PER SERVING.

### HOW MUCH SODIUM IS IN FRANK'S HOT WING SAUCE?

ONE TABLESPOON OF FRANK'S HOT WING SAUCE CONTAINS APPROXIMATELY 190 MILLIGRAMS OF SODIUM, SO IT SHOULD BE USED IN MODERATION BY THOSE MONITORING SODIUM INTAKE.

### IS FRANK'S HOT WING SAUCE SUITABLE FOR VEGANS AND VEGETARIANS?

YES, FRANK'S HOT WING SAUCE IS VEGAN AND VEGETARIAN-FRIENDLY AS IT CONTAINS NO ANIMAL-DERIVED INGREDIENTS.

### ARE THERE ANY ALLERGENS IN FRANK'S HOT WING SAUCE?

FRANK'S HOT WING SAUCE DOES NOT CONTAIN COMMON ALLERGENS SUCH AS DAIRY, NUTS, OR SOY; HOWEVER, IT'S ALWAYS BEST TO CHECK THE PACKAGING FOR ANY UPDATES OR CROSS-CONTAMINATION WARNINGS.

## ADDITIONAL RESOURCES

#### 1. *THE NUTRITIONAL BREAKDOWN OF FRANK'S HOT WING SAUCE*

THIS BOOK DIVES DEEP INTO THE INGREDIENTS AND NUTRITIONAL PROFILE OF FRANK'S HOT WING SAUCE. IT EXPLORES THE CALORIE CONTENT, VITAMINS, MINERALS, AND POTENTIAL ALLERGENS PRESENT IN THE SAUCE. READERS WILL GAIN A BETTER UNDERSTANDING OF HOW THIS POPULAR CONDIMENT FITS INTO A BALANCED DIET.

#### 2. *SPICY AND HEALTHY: MANAGING NUTRITION WITH FRANK'S HOT WING SAUCE*

FOCUSING ON HOW TO INCORPORATE FRANK'S HOT WING SAUCE INTO A HEALTH-CONSCIOUS LIFESTYLE, THIS BOOK PROVIDES TIPS FOR BALANCING FLAVOR AND NUTRITION. IT INCLUDES MEAL PLANS AND RECIPES THAT HIGHLIGHT THE SAUCE WITHOUT COMPROMISING DIETARY GOALS. THE BOOK ALSO DISCUSSES THE IMPACT OF SPICY FOODS ON METABOLISM AND DIGESTION.

#### 3. *THE SCIENCE BEHIND FRANK'S HOT WING SAUCE INGREDIENTS*

THIS TITLE OFFERS AN IN-DEPTH ANALYSIS OF EACH INGREDIENT IN FRANK'S HOT WING SAUCE, EXPLAINING THEIR NUTRITIONAL VALUE AND ROLE IN FLAVOR DEVELOPMENT. IT COVERS THE BENEFITS AND DRAWBACKS OF COMPONENTS LIKE CAYENNE PEPPERS, VINEGAR, AND SALT. PERFECT FOR FOOD ENTHUSIASTS AND NUTRITIONISTS ALIKE.

#### 4. *LOW-CALORIE COOKING WITH FRANK'S HOT WING SAUCE*

A PRACTICAL GUIDE FOR THOSE SEEKING FLAVORFUL MEALS WITHOUT EXCESS CALORIES, THIS BOOK PRESENTS RECIPES THAT USE FRANK'S HOT WING SAUCE AS A KEY INGREDIENT. IT EMPHASIZES PORTION CONTROL AND PAIRING THE SAUCE WITH NUTRIENT-DENSE FOODS. READERS WILL LEARN HOW TO ENJOY SPICY DISHES WHILE MAINTAINING A CALORIE-CONSCIOUS DIET.

#### 5. *ALLERGY AND SENSITIVITY GUIDE: FRANK'S HOT WING SAUCE EDITION*

THIS BOOK ADDRESSES COMMON ALLERGIES AND SENSITIVITIES RELATED TO FRANK'S HOT WING SAUCE INGREDIENTS. IT PROVIDES ALTERNATIVES AND MODIFICATIONS FOR PEOPLE WITH DIETARY RESTRICTIONS SUCH AS GLUTEN INTOLERANCE OR SODIUM SENSITIVITY. THE GUIDE AIMS TO MAKE SPICY FLAVORS ACCESSIBLE TO EVERYONE.

#### 6. *FRANK'S HOT WING SAUCE AND ITS ROLE IN WEIGHT MANAGEMENT*

EXPLORING THE CONNECTION BETWEEN SPICY FOODS AND WEIGHT LOSS, THIS BOOK EXAMINES HOW FRANK'S HOT WING SAUCE CAN BE PART OF A WEIGHT MANAGEMENT PLAN. IT REVIEWS SCIENTIFIC STUDIES ON CAPSAICIN AND METABOLISM AND OFFERS PRACTICAL ADVICE FOR INTEGRATING THE SAUCE INTO MEALS THAT SUPPORT FAT BURNING.

#### 7. *HOMEMADE VS. STORE-BOUGHT: NUTRITIONAL COMPARISON OF HOT WING SAUCES*

THIS COMPARATIVE STUDY CONTRASTS FRANK'S HOT WING SAUCE WITH HOMEMADE VERSIONS, HIGHLIGHTING DIFFERENCES IN NUTRITION, PRESERVATIVES, AND ADDITIVES. READERS WILL DISCOVER THE PROS AND CONS OF EACH OPTION AND LEARN HOW TO MAKE HEALTHIER HOMEMADE SAUCES INSPIRED BY FRANK'S RECIPE.

#### 8. *FRANK'S HOT WING SAUCE IN SPORTS NUTRITION*

TARGETING ATHLETES AND FITNESS ENTHUSIASTS, THIS BOOK DISCUSSES THE ROLE OF FRANK'S HOT WING SAUCE IN PRE- AND POST-WORKOUT MEALS. IT COVERS HOW THE SAUCE'S INGREDIENTS CAN INFLUENCE ENERGY LEVELS, INFLAMMATION, AND RECOVERY. THE BOOK ALSO INCLUDES QUICK AND NUTRITIOUS RECIPES FEATURING THE SAUCE.

#### 9. *FLAVOR AND FITNESS: BALANCING TASTE AND NUTRITION WITH FRANK'S HOT WING SAUCE*

THIS BOOK OFFERS STRATEGIES FOR ENJOYING BOLD FLAVORS LIKE FRANK'S HOT WING SAUCE WITHOUT SACRIFICING NUTRITIONAL GOALS. IT COMBINES CULINARY CREATIVITY WITH DIETETIC PRINCIPLES TO HELP READERS MAKE INFORMED FOOD CHOICES. WITH ACTIONABLE TIPS AND RECIPES, IT BRIDGES THE GAP BETWEEN INDULGENCE AND HEALTH.

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**frank s hot wing sauce nutrition:** Cook Yourself Thin Faster Lifetime Television, Lauren Deen, 2009-06-23 Cook Yourself Thin, the new Lifetime reality show that teaches viewers how to change their diets and improve their health without sacrificing the foods they love, now presents this collection of over 75 easy, accessible recipes.

**frank s hot wing sauce nutrition: Thinner in an Instant Cookbook Revised and Expanded** Nancy S. Hughes, 2019-03-26 Team up with your Instant Pot (or any other brand of electric pressure cooker) to control or lose weight with the quick, delicious, and waist-conscious recipes of Thinner in an Instant, now expanded to include 50 new recipes and color photos. There are loads of Instant Pot cookbooks. However, almost all are filled with rich recipes that taste decent but deliver a nasty caloric punch right to your waistline. Here's a tasty and good-for-you alternative. In Thinner in an Instant, Nancy S. Hughes, one of the most-respected and best-selling cookbook authors in the US on health-related topics, offers up the first and only book that will help you watch or lose weight by cooking with an electric pressure cooker. Each recipe maxes out at 350 calories per serving and comes with a complete nutritional analysis, including calories, fats, cholesterol, salt, and other information that is important to you if you are a health-savvy or weight-conscious cook—or

if someone you cook for needs help losing a few pounds. These are soul-satisfying dinners that won't leave you hungry: Beef Burgundy on Sweet Potato Mash, Seafood Gumbo, and Greek Lemon Chicken with Asparagus, to name just a few. Plus, there are delectable, yet lo-cal, desserts, like Upside Down Chocolate Crusted Cheesecake and Lemon-Berry Bread Pudding, to round out the meal. At last, weight-watching and calorie-conscious cooks and eaters can enjoy the speed, convenience, and ease-of-use of the Instant Pot and its cousins.

**frank s hot wing sauce nutrition: The Quick and Easy Instant Pot Diet Cookbook** Nancy S. Hughes, 2023-04-25 Bring out your electric pressure cooker appliance of choice or your beloved Instant Pot and get to work shedding pounds. Managing a busy, non-stop lifestyle and finding it hard to maintain or lose weight easily? You can make reaching your weight-loss goals a little easier with the quick-to-make, delicious, and calorie-conscious recipes in The Quick and Easy Instant Pot Diet Cookbook. Adapted from Nancy Hughes's Thinner in an Instant cookbook, this affordable edition offers you the best, go-to, 350-calories-and-under recipes that will make losing weight more delicious and less challenging. Convenience combined with control is a recipe for success, and cooking with an Instant Pot ticks all the basic dieting guidelines: Spend less time in the kitchen. Choose make-ahead meals so you can control your food rather than eating on the go. Take meal prep and cooking out of your daily stress factors (without having to sign up for expensive weight-loss food delivery meals). The recipe selection focuses on fan favorites—soon to become your new go-to favorites—for every meal, including snacks and desserts (Yes—desserts too!). Every recipe is: Low calorie at 350 calories or under Made with a limited number of affordable, easy-to-find ingredients Quick to prep Nutritious and delicious, making it easy to stick to your plan, whether your goal is 5 pounds or 50 Accompanied by nutritional analysis, including calories, fats, cholesterol, salt, and other information, making this a great choice for dieters with health issues outside of weight It's time to get started—so dust off your electric pressure cooker and start making meals that will make you feel confident and healthy again.

**frank s hot wing sauce nutrition: Foodservice Facts** , 2007

**frank s hot wing sauce nutrition: Plantifully Lean** Kiki Nelson, 2023-04-11 Give Mom the gift of vibrant health with Plantifully Lean—over 125 simple, plant-based recipes and a four-week meal plan to nourish her body and soul. When Kiki Nelson adopted a plant-based, low-fat diet, she lost seventy pounds and reversed her risk for diabetes and heart disease. While a few programs had previously helped her lose some weight, it took going all in on plants to resolve her health issues and maintain her weight loss. In Plantifully Lean, Kiki shares more than 125 wide-ranging, simple recipes and the four-week meal plan that were key to her success. Covering every meal plus snack attacks, Plantifully Lean includes simple recipes such as Mediterranean Pasta Salad, Blueberry Vanilla Pancakes, Warm White Bean and Potato Salad, Roasted Cauliflower with Pesto, Microwave Potato Chips, Shiitake Rice with Bok Choy and Thai Peanut Sauce, French Onion Soup, Sweet Potato Tacos, Mini Oat Bars, and Caramel Apple Streusel. When you're eating a plant-based diet this satisfying and delicious, you'll feel energized and motivated—never hungry or bored. Originally shared with her online community, this new edition of Plantifully Lean has been redesigned to be even easier to use and expanded with new information, inspiration, and photos. To make a plant-based diet part of your healthy lifestyle, Plantifully Lean includes the following: -Meal prep guidelines and tips -Low-fat, plant-based comfort foods that will cover your cravings -Lists of "high-volume foods," or foods that are both healthy and filling and that are perfect for snacking and swapping into recipes -Charts for balancing your plate with grains and produce -Nutritional information for each recipe Plantifully Lean was written to help anyone find health and well-being, whether they aim to lose weight, stave off diabetes, lower cholesterol, or address elevated blood pressure. Kiki writes with the warmth and vulnerability of someone who's been there, and includes inspiration on every page. Plantifully Lean will help you change from the inside out.

**frank s hot wing sauce nutrition: Restaurant Business** , 2006

**frank s hot wing sauce nutrition: MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS** Lidia Jonson, 2022-04-19 DISCOVER THE MOST COMPREHENSIVE BOOK ON THE

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**frank s hot wing sauce nutrition:** *Guide to Healthy Restaurant Eating* Hope S. Warshaw, 2002 If you have diabetes, here is the information you need to make healthy food choices when you go out to eat. Now you can dine at fast food chains and stay on your meal plan. Inside this handy guide is complete, at-a-glance nutrition information for more than 55 fast food chains, including Burger King, Wendy's, McDonald's, Baskin Robbins, TCBY, and other favorites.

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**frank s hot wing sauce nutrition:** *High Energy Eating* Barbara Day, 1995-08

**frank s hot wing sauce nutrition:** *Digest* , 1923

**frank s hot wing sauce nutrition:** *Menu Solutions* Sandra J. Frank, Robert E. Baker, 1996-06 This reference and recipe book for institutional foodservice and health care professionals includes the principles of planning modified diets as well as 400 regular and special diet recipes which can be prepared in large (50) or small (4) quantities.

**frank s hot wing sauce nutrition:** *Bon Appétit* , 1992

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