

FRANK'S RED HOT BUFFALO WING SAUCE NUTRITION FACTS

FRANK'S RED HOT BUFFALO WING SAUCE NUTRITION FACTS PROVIDE VALUABLE INSIGHTS INTO THE NUTRITIONAL PROFILE OF ONE OF THE MOST POPULAR HOT SAUCES IN THE UNITED STATES. KNOWN FOR ITS ICONIC SPICY FLAVOR AND ASSOCIATION WITH CLASSIC BUFFALO WINGS, THIS SAUCE IS FAVORED BY MANY FOR ITS ABILITY TO ELEVATE DISHES WITHOUT ADDING EXCESSIVE CALORIES OR FAT. UNDERSTANDING THE NUTRITIONAL CONTENT OF FRANK'S RED HOT BUFFALO WING SAUCE IS ESSENTIAL FOR CONSUMERS WHO ARE MINDFUL OF THEIR DIET, WHETHER THEY ARE TRACKING CALORIES, SODIUM INTAKE, OR OTHER DIETARY COMPONENTS. THIS ARTICLE WILL THOROUGHLY EXPLORE THE SAUCE'S INGREDIENTS, CALORIE COUNT, MACRONUTRIENTS, MICRONUTRIENTS, AND HOW IT FITS INTO VARIOUS DIETARY LIFESTYLES. ADDITIONALLY, IT WILL PROVIDE COMPARISONS WITH SIMILAR PRODUCTS AND TIPS ON INCORPORATING THE SAUCE INTO A BALANCED DIET.

- NUTRITIONAL COMPOSITION OF FRANK'S RED HOT BUFFALO WING SAUCE
- CALORIC AND MACRONUTRIENT BREAKDOWN
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- INGREDIENTS AND THEIR NUTRITIONAL IMPACT
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- INCORPORATING FRANK'S RED HOT BUFFALO WING SAUCE INTO A HEALTHY DIET

NUTRITIONAL COMPOSITION OF FRANK'S RED HOT BUFFALO WING SAUCE

EXPLORING THE NUTRITIONAL COMPOSITION OF FRANK'S RED HOT BUFFALO WING SAUCE REVEALS HOW THIS CONDIMENT CONTRIBUTES TO DAILY DIETARY INTAKE. THE SAUCE IS PRIMARILY MADE FROM AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT, AND GARLIC POWDER. THIS COMBINATION RESULTS IN A PRODUCT THAT IS LOW IN CALORIES AND FAT BUT HIGH IN FLAVOR INTENSITY. THE LABEL ON THE BOTTLE PROVIDES ESSENTIAL DATA THAT INFORMS CONSUMERS ABOUT SERVING SIZE, CALORIE CONTENT, FAT, CARBOHYDRATES, PROTEIN, AND SODIUM LEVELS. UNDERSTANDING THE FUNDAMENTAL NUTRITION FACTS IS THE FIRST STEP IN EVALUATING THE SAUCE'S IMPACT ON DIET AND HEALTH.

SERVING SIZE AND STANDARD MEASUREMENTS

THE STANDARD SERVING SIZE FOR FRANK'S RED HOT BUFFALO WING SAUCE IS TYPICALLY ONE TEASPOON (5 ML). THIS SMALL QUANTITY ENSURES THAT THE NUTRITIONAL VALUES PER SERVING REMAIN MINIMAL, MAKING IT EASY TO INCLUDE IN MEALS WITHOUT SIGNIFICANTLY ALTERING THEIR NUTRITIONAL PROFILE. KNOWING THE EXACT SERVING SIZE HELPS CONSUMERS ACCURATELY TRACK THEIR INTAKE, ESPECIALLY WHEN USING THE SAUCE AS PART OF RECIPES OR AS A DIP.

BASIC NUTRITIONAL VALUES

PER SERVING, FRANK'S RED HOT BUFFALO WING SAUCE CONTAINS APPROXIMATELY:

- CALORIES: 0 TO 5 KCAL
- TOTAL FAT: 0 GRAMS
- SODIUM: AROUND 190 MG
- TOTAL CARBOHYDRATES: 0 TO 1 GRAM

- PROTEIN: 0 GRAMS

THESE VALUES ILLUSTRATE THAT THE SAUCE IS NEARLY CALORIE-FREE AND FAT-FREE, MAKING IT IDEAL FOR THOSE WHO WANT TO ADD FLAVOR WITHOUT INCREASING ENERGY INTAKE.

CALORIC AND MACRONUTRIENT BREAKDOWN

FRANK'S RED HOT BUFFALO WING SAUCE OFFERS A HIGHLY FAVORABLE CALORIE-TO-FLAVOR RATIO. THE CALORIE COUNT REMAINS NEGLIGIBLE PRIMARILY BECAUSE THE SAUCE CONTAINS NO ADDED SUGARS OR FATS. THE MACRONUTRIENT CONTENT IS MINIMAL, WITH CARBOHYDRATES AND PROTEINS ALMOST ABSENT IN TYPICAL SERVING SIZES.

CALORIE CONTENT

THE CALORIE CONTENT IN THIS BUFFALO WING SAUCE IS NEGLIGIBLE, GENERALLY FALLING BETWEEN 0 AND 5 CALORIES PER TEASPOON. THIS LOW CALORIC LOAD IS ADVANTAGEOUS FOR INDIVIDUALS FOLLOWING CALORIE-RESTRICTED DIETS OR THOSE AIMING TO MAINTAIN A HEALTHY WEIGHT. THE ABSENCE OF FATS AND SUGARS CONTRIBUTES TO THIS MINIMAL CALORIE COUNT.

FAT CONTENT

ONE OF THE SIGNIFICANT ATTRIBUTES OF FRANK'S RED HOT BUFFALO WING SAUCE IS ITS ZERO FAT CONTENT. SINCE THERE ARE NO OILS OR FATS ADDED IN THE FORMULATION, THE SAUCE DOES NOT CONTRIBUTE TO DIETARY FAT INTAKE. THIS CHARACTERISTIC MAKES IT SUITABLE FOR LOW-FAT AND HEART-HEALTHY DIETS.

CARBOHYDRATES AND PROTEIN

THE CARBOHYDRATE CONTENT IS TYPICALLY LESS THAN ONE GRAM PER SERVING, AND PROTEIN IS VIRTUALLY NONEXISTENT. THIS MEANS THE SAUCE DOES NOT PROVIDE SUBSTANTIAL ENERGY FROM MACRONUTRIENTS BUT SERVES PRIMARILY AS A FLAVOR ENHANCER.

SODIUM CONTENT AND HEALTH CONSIDERATIONS

SODIUM IS A CRITICAL ASPECT OF FRANK'S RED HOT BUFFALO WING SAUCE NUTRITION FACTS, ESPECIALLY FOR INDIVIDUALS MONITORING THEIR SALT INTAKE. THE SAUCE CONTAINS A MODERATE TO HIGH AMOUNT OF SODIUM RELATIVE TO ITS SERVING SIZE, WHICH CAN IMPACT DAILY SODIUM CONSUMPTION GOALS.

SODIUM LEVELS PER SERVING

EACH TEASPOON SERVING CONTAINS APPROXIMATELY 190 MILLIGRAMS OF SODIUM. GIVEN THAT THE AMERICAN HEART ASSOCIATION RECOMMENDS A DAILY SODIUM INTAKE OF NO MORE THAN 2,300 MILLIGRAMS, THIS SAUCE CONTRIBUTES A MEASURABLE PORTION OF THAT LIMIT. CONSUMERS SHOULD BE AWARE OF THIS WHEN USING THE SAUCE LIBERALLY.

HEALTH IMPLICATIONS OF SODIUM

EXCESSIVE SODIUM INTAKE IS ASSOCIATED WITH INCREASED RISK OF HYPERTENSION AND CARDIOVASCULAR DISEASE. WHILE FRANK'S RED HOT BUFFALO WING SAUCE IS LOW IN CALORIES AND FAT, ITS SODIUM CONTENT NECESSITATES MODERATION, PARTICULARLY FOR THOSE WITH SALT-SENSITIVE CONDITIONS OR EXISTING HEART HEALTH CONCERNS. BALANCING SODIUM INTAKE WITH OTHER LOW-SODIUM FOODS IN THE DIET IS ADVISED WHEN USING THIS SAUCE FREQUENTLY.

INGREDIENTS AND THEIR NUTRITIONAL IMPACT

THE INGREDIENTS LIST OF FRANK'S RED HOT BUFFALO WING SAUCE PLAYS A SIGNIFICANT ROLE IN ITS NUTRITIONAL PROFILE. THE FORMULA IS SIMPLE YET EFFECTIVE, FOCUSING ON NATURAL AND MINIMALLY PROCESSED COMPONENTS.

PRIMARY INGREDIENTS

- AGED CAYENNE RED PEPPERS: PROVIDE NATURAL HEAT AND FLAVOR WITH MINIMAL CALORIES.
- DISTILLED VINEGAR: ADDS ACIDITY AND TANGINESS WITHOUT ADDING CALORIES OR FAT.
- WATER: ACTS AS A BASE LIQUID FOR CONSISTENCY.
- SALT: ENHANCES TASTE BUT INCREASES SODIUM CONTENT.
- GARLIC POWDER: CONTRIBUTES FLAVOR AND MINOR NUTRITIONAL BENEFITS.

THESE INGREDIENTS COLLECTIVELY CREATE A BOLD FLAVOR PROFILE WHILE MAINTAINING A LOW-CALORIE AND LOW-FAT PROFILE.

ALLERGEN AND DIETARY CONSIDERATIONS

FRANK'S RED HOT BUFFALO WING SAUCE IS FREE FROM COMMON ALLERGENS SUCH AS DAIRY, GLUTEN, AND NUTS, MAKING IT SUITABLE FOR A WIDE RANGE OF DIETARY RESTRICTIONS. IT IS ALSO VEGAN-FRIENDLY AND KETO-COMPATIBLE DUE TO ITS LOW CARBOHYDRATE CONTENT.

COMPARISONS WITH OTHER HOT SAUCES

COMPARING FRANK'S RED HOT BUFFALO WING SAUCE NUTRITION FACTS WITH OTHER POPULAR HOT SAUCES HIGHLIGHTS ITS UNIQUE NUTRITIONAL ADVANTAGES AND POTENTIAL DRAWBACKS.

CALORIE AND FAT COMPARISON

MOST HOT SAUCES, INCLUDING TABASCO AND CHOLULA, FEATURE SIMILARLY LOW CALORIES AND FAT LEVELS. FRANK'S RED HOT BUFFALO WING SAUCE ALIGNS WITH THESE PRODUCTS IN PROVIDING MINIMAL CALORIC IMPACT WHILE DELIVERING HEAT AND FLAVOR.

SODIUM COMPARISON

SODIUM CONTENT VARIES AMONG HOT SAUCES. FRANK'S TENDS TO BE ON THE HIGHER SIDE DUE TO ADDED SALT, WHEREAS SOME OTHER BRANDS OFFER REDUCED SODIUM VERSIONS. CONSUMERS CONCERNED WITH SODIUM INTAKE MAY PREFER THESE ALTERNATIVES OR USE FRANK'S IN LIMITED QUANTITIES.

INCORPORATING FRANK'S RED HOT BUFFALO WING SAUCE INTO A HEALTHY

DIET

GIVEN ITS NUTRITIONAL PROFILE, FRANK'S RED HOT BUFFALO WING SAUCE CAN BE AN EXCELLENT ADDITION TO VARIOUS MEALS WITHOUT SIGNIFICANTLY AFFECTING CALORIC INTAKE. HOWEVER, MINDFUL CONSUMPTION IS ESSENTIAL DUE TO ITS SODIUM CONTENT.

USAGE TIPS FOR BALANCED NUTRITION

- USE SPARINGLY TO ENHANCE FLAVOR WITHOUT EXCESSIVE SODIUM INTAKE.
- COMBINE WITH FRESH VEGETABLES, LEAN PROTEINS, AND WHOLE GRAINS FOR NUTRIENT-DENSE MEALS.
- CONSIDER HOMEMADE RECIPES THAT LIMIT ADDITIONAL SALT TO BALANCE OVERALL SODIUM CONSUMPTION.
- PAIR WITH LOW-SODIUM SIDES TO MAINTAIN A HEART-HEALTHY DIET.

DIETARY SUITABILITY

FRANK'S RED HOT BUFFALO WING SAUCE IS COMPATIBLE WITH LOW-CALORIE, LOW-FAT, VEGAN, KETO, AND GLUTEN-FREE DIETS. ITS VERSATILITY ALLOWS IT TO ENHANCE THE TASTE OF VARIOUS DISHES WHILE FITTING INTO DIVERSE NUTRITIONAL PLANS.

FREQUENTLY ASKED QUESTIONS

WHAT ARE THE MAIN NUTRITIONAL COMPONENTS OF FRANK'S RED HOT BUFFALO WING SAUCE?

FRANK'S RED HOT BUFFALO WING SAUCE PRIMARILY CONTAINS WATER, CAYENNE PEPPERS, VINEGAR, SALT, AND GARLIC POWDER. IT IS LOW IN CALORIES, FAT, AND CARBOHYDRATES, MAKING IT A FLAVORFUL YET LIGHT SAUCE OPTION.

HOW MANY CALORIES ARE IN ONE TABLESPOON OF FRANK'S RED HOT BUFFALO WING SAUCE?

ONE TABLESPOON OF FRANK'S RED HOT BUFFALO WING SAUCE CONTAINS APPROXIMATELY 0 TO 5 CALORIES, MAKING IT A LOW-CALORIE CONDIMENT.

IS FRANK'S RED HOT BUFFALO WING SAUCE LOW IN FAT?

YES, FRANK'S RED HOT BUFFALO WING SAUCE CONTAINS 0 GRAMS OF FAT PER SERVING, MAKING IT FAT-FREE.

DOES FRANK'S RED HOT BUFFALO WING SAUCE CONTAIN ANY SUGARS?

FRANK'S RED HOT BUFFALO WING SAUCE CONTAINS 0 GRAMS OF SUGAR PER SERVING, AS IT DOES NOT HAVE ADDED SUGARS.

WHAT IS THE SODIUM CONTENT IN FRANK'S RED HOT BUFFALO WING SAUCE?

FRANK'S RED HOT BUFFALO WING SAUCE CONTAINS ABOUT 190 TO 230 MILLIGRAMS OF SODIUM PER TABLESPOON, SO IT SHOULD BE CONSUMED IN MODERATION BY THOSE MONITORING SODIUM INTAKE.

IS FRANK'S RED HOT BUFFALO WING SAUCE GLUTEN-FREE?

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

DOES FRANK'S RED HOT BUFFALO WING SAUCE CONTAIN ANY ALLERGENS?

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

CAN FRANK'S RED HOT BUFFALO WING SAUCE BE CONSIDERED A HEALTHY CONDIMENT?

GIVEN ITS LOW CALORIE, FAT-FREE, AND LOW SUGAR PROFILE, FRANK'S RED HOT BUFFALO WING SAUCE CAN BE CONSIDERED A HEALTHY CONDIMENT CHOICE WHEN USED IN MODERATION, ESPECIALLY FOR THOSE WATCHING THEIR CALORIE INTAKE.

HOW DOES FRANK'S RED HOT BUFFALO WING SAUCE COMPARE NUTRITIONALLY TO OTHER BUFFALO WING SAUCES?

COMPARED TO MANY OTHER BUFFALO WING SAUCES, FRANK'S RED HOT BUFFALO WING SAUCE IS RELATIVELY LOW IN CALORIES, FAT, AND SUGAR, BUT IT MAY HAVE A HIGHER SODIUM CONTENT. IT IS A POPULAR CHOICE FOR THOSE SEEKING A FLAVORFUL YET LIGHTER SAUCE.

ADDITIONAL RESOURCES

1. *THE SPICY TRUTH: UNDERSTANDING FRANK'S REDHOT BUFFALO WING SAUCE NUTRITION*

THIS BOOK DIVES DEEP INTO THE NUTRITIONAL PROFILE OF FRANK'S REDHOT BUFFALO WING SAUCE, BREAKING DOWN ITS INGREDIENTS, CALORIE CONTENT, AND HEALTH IMPLICATIONS. READERS WILL LEARN HOW THIS POPULAR SAUCE FITS INTO VARIOUS DIETS AND HOW TO ENJOY IT WITHOUT GUILT. IT ALSO COMPARES FRANK'S REDHOT WITH OTHER HOT SAUCES IN TERMS OF NUTRITION.

2. *BUFFALO WINGS AND BEYOND: A NUTRITIONAL GUIDE TO SAUCES AND MARINADES*

EXPLORE THE WORLD OF BUFFALO WING SAUCES, INCLUDING FRANK'S REDHOT, WITH A FOCUS ON THEIR NUTRITIONAL VALUE. THIS GUIDE PROVIDES DETAILED FACTS ON CALORIES, SODIUM LEVELS, AND ADDITIVES FOUND IN POPULAR SAUCES. IT ALSO OFFERS TIPS ON MAKING HEALTHIER WING SAUCE CHOICES AND HOMEMADE ALTERNATIVES.

3. *HOT SAUCE HEALTH: DEBUNKING MYTHS ABOUT FRANK'S REDHOT AND OTHER FAVORITES*

THIS BOOK ADDRESSES COMMON MISCONCEPTIONS ABOUT HOT SAUCES LIKE FRANK'S REDHOT, PARTICULARLY REGARDING THEIR HEALTH EFFECTS. IT ANALYZES SCIENTIFIC STUDIES AND NUTRITIONAL DATA TO REVEAL WHAT'S TRULY HEALTHY OR HARMFUL ABOUT THESE FIERY CONDIMENTS. READERS WILL GAIN A BALANCED PERSPECTIVE ON INCORPORATING SPICY SAUCES INTO THEIR DIETS.

4. *FLAVOR AND FITNESS: INCORPORATING FRANK'S REDHOT BUFFALO SAUCE INTO A BALANCED DIET*

LEARN HOW TO ENJOY THE BOLD FLAVOR OF FRANK'S REDHOT BUFFALO WING SAUCE WHILE MAINTAINING A HEALTHY LIFESTYLE. THIS BOOK OFFERS PRACTICAL ADVICE ON PORTION CONTROL, PAIRING SAUCES WITH NUTRITIOUS FOODS, AND MANAGING SODIUM INTAKE. IT ALSO INCLUDES RECIPES THAT HIGHLIGHT THE SAUCE WITHOUT COMPROMISING NUTRITION.

5. *THE SCIENCE OF SPICE: NUTRITIONAL INSIGHTS ON FRANK'S REDHOT BUFFALO WING SAUCE*

DELVE INTO THE CHEMICAL AND NUTRITIONAL COMPOSITION OF FRANK'S REDHOT BUFFALO WING SAUCE IN THIS SCIENCE-FOCUSED BOOK. READERS WILL UNDERSTAND HOW THE INGREDIENTS AFFECT METABOLISM, APPETITE, AND OVERALL HEALTH. THE BOOK ALSO EXPLORES THE ROLE OF CAPSAICIN AND VINEGAR IN THE SAUCE'S NUTRITIONAL BENEFITS.

6. *WING IT RIGHT: A COMPREHENSIVE NUTRITION GUIDE TO BUFFALO WING SAUCES*

THIS GUIDE PROVIDES AN IN-DEPTH LOOK AT VARIOUS BUFFALO WING SAUCES, WITH A SPECIAL FOCUS ON FRANK'S REDHOT. IT COVERS NUTRITIONAL FACTS SUCH AS CALORIES, FAT, SUGAR, AND SODIUM CONTENT, HELPING READERS MAKE INFORMED CHOICES. ADDITIONALLY, IT OFFERS HEALTHIER EATING STRATEGIES FOR WING LOVERS.

7. SPICE SMART: NAVIGATING NUTRITION LABELS FOR FRANK'S REDHOT AND SIMILAR SAUCES

GAIN SKILLS IN READING AND INTERPRETING NUTRITION LABELS WITH THIS PRACTICAL BOOK CENTERED ON FRANK'S REDHOT BUFFALO WING SAUCE. IT EXPLAINS COMMON LABEL TERMS AND HIGHLIGHTS WHAT TO WATCH FOR WHEN SELECTING HOT SAUCES. THE BOOK EMPOWERS CONSUMERS TO MAKE BETTER DIETARY DECISIONS THROUGH LABEL LITERACY.

8. FRANK'S REDHOT IN FOCUS: A NUTRITIONAL AND CULINARY PERSPECTIVE

THIS BOOK BALANCES THE NUTRITIONAL FACTS OF FRANK'S REDHOT BUFFALO WING SAUCE WITH ITS CULINARY USES AND FLAVOR PROFILE. IT DISCUSSES HOW THE SAUCE COMPLEMENTS VARIOUS DISHES WHILE CONSIDERING HEALTH IMPACTS. THE AUTHOR ALSO SHARES CREATIVE RECIPES THAT MAXIMIZE FLAVOR AND MINIMIZE UNHEALTHY INGREDIENTS.

9. FROM HEAT TO HEALTH: THE NUTRITIONAL JOURNEY OF FRANK'S REDHOT BUFFALO WING SAUCE

FOLLOW THE STORY OF FRANK'S REDHOT BUFFALO WING SAUCE FROM ITS ORIGINS TO ITS PLACE IN MODERN NUTRITION DISCUSSIONS. THIS BOOK HIGHLIGHTS HOW THE SAUCE'S INGREDIENTS CONTRIBUTE TO BOTH ITS SIGNATURE HEAT AND ITS NUTRITIONAL PROPERTIES. IT ALSO INCLUDES TIPS FOR INTEGRATING SPICY FLAVORS INTO A HEALTH-CONSCIOUS DIET.

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