

franks red hot buffalo sauce nutrition facts

franks red hot buffalo sauce nutrition facts provide essential information for consumers seeking to understand the dietary impact of this popular condiment. Known for its bold, tangy flavor and vibrant heat, Frank's Red Hot Buffalo Sauce has become a staple in many kitchens, particularly among those who enjoy spicy dishes and classic buffalo wings. This article delves deeply into the nutritional profile of Frank's Red Hot Buffalo Sauce, offering insights into its calorie content, macronutrients, sodium levels, and potential health considerations. Additionally, the article explores ingredient composition and compares this sauce to other hot sauces and buffalo-style condiments on the market. Whether you are counting calories, monitoring sodium intake, or simply curious about what goes into your favorite spicy sauce, understanding Frank's Red Hot Buffalo Sauce nutrition facts is crucial. The following sections provide a detailed breakdown to help make informed dietary choices.

- Nutritional Breakdown of Frank's Red Hot Buffalo Sauce
- Ingredients and Their Nutritional Impact
- Health Considerations and Dietary Suitability
- Comparing Frank's Red Hot Buffalo Sauce to Other Sauces
- Usage Tips and Portion Control for Optimal Nutrition

Nutritional Breakdown of Frank's Red Hot Buffalo Sauce

Understanding the nutritional content of Frank's Red Hot Buffalo Sauce is key for those tracking their diet or managing specific health conditions. The sauce is famously low in calories but contains notable amounts of sodium, which is important to consider for daily intake recommendations. This section provides a detailed look at the macronutrients, calorie count, and micronutrient values found in a standard serving size.

Calorie Content and Serving Size

A typical serving size of Frank's Red Hot Buffalo Sauce is approximately one tablespoon (15 ml). This small amount contains roughly 0 to 5 calories, making it a low-calorie option for adding flavor without significant energy intake. The low calorie count is due primarily to the sauce's water and vinegar base, which contributes minimal energy.

Macronutrient Profile

Frank's Red Hot Buffalo Sauce has a minimal macronutrient profile, with negligible amounts of fat, protein, and carbohydrates. The sauce contains:

- **Fat:** 0 grams per serving
- **Carbohydrates:** Less than 1 gram per serving
- **Protein:** 0 grams per serving

This composition makes it suitable for various dietary lifestyles, including low-carb and ketogenic diets.

Sodium Content

The most significant nutritional consideration in Frank's Red Hot Buffalo Sauce is its sodium content. Each tablespoon contains approximately 190 to 230 milligrams of sodium, accounting for about 8-10% of the recommended daily limit based on a 2,300 mg sodium diet. High sodium levels are typical in hot sauces and contribute to the savory and salty flavor profile. Consumers with hypertension or sodium sensitivity should monitor intake accordingly.

Ingredients and Their Nutritional Impact

The ingredients in Frank's Red Hot Buffalo Sauce influence its nutritional and flavor profile. The sauce is formulated to provide a balance of heat, acidity, and savoriness without unnecessary additives or fillers. This section reviews the primary ingredients and how they contribute to the overall nutrition facts.

Core Ingredients

Frank's Red Hot Buffalo Sauce mainly contains aged cayenne red peppers, vinegar, water, salt, and garlic powder. Each of these ingredients plays a role in the sauce's flavor and nutritional characteristics:

- **Aged Cayenne Red Peppers:** These provide the heat and are rich in capsaicin, which has been studied for its metabolism-boosting properties.
- **Vinegar:** Adds acidity and acts as a preservative, contributing virtually no calories.
- **Salt:** Responsible for the high sodium content.
- **Garlic Powder:** Adds flavor and minor micronutrients.
- **Water:** Dilutes the sauce and keeps it fluid.

Additives and Preservatives

Frank's Red Hot Buffalo Sauce is free from artificial preservatives, colors, or added sugars. This clean ingredient profile enhances its appeal to health-conscious consumers. The absence of sugar keeps the carbohydrate content low, and the lack of fats ensures the sauce remains virtually calorie-free.

Health Considerations and Dietary Suitability

While Frank's Red Hot Buffalo Sauce is generally considered a healthy addition to meals due to its low calories and natural ingredients, there are specific health considerations related to its sodium content and spiciness. This section discusses the suitability of the sauce for different dietary needs and health conditions.

Sodium Intake and Cardiovascular Health

Excess sodium consumption is linked to increased blood pressure and cardiovascular risks. Given that Frank's Red Hot Buffalo Sauce contains a relatively high amount of sodium per serving, individuals with hypertension or heart disease should consume it in moderation. Balancing the use of this sauce with other low-sodium foods can help maintain healthy sodium levels.

Spice Sensitivity and Digestive Health

The capsaicin in the cayenne peppers may cause discomfort for individuals with sensitive stomachs, acid reflux, or gastrointestinal disorders. However, for many, moderate consumption of spicy foods like Frank's Red Hot Buffalo Sauce can offer metabolic benefits and may aid digestion.

Dietary Compatibility

Due to its low calorie, fat-free, and carbohydrate-free nature, Frank's Red Hot Buffalo Sauce fits well into various diets, including:

- Low-Carb and Keto Diets
- Gluten-Free Diets
- Vegan and Vegetarian Diets
- Weight Management Plans

It is important to always check the label for any changes in formulation that might affect dietary restrictions.

Comparing Frank's Red Hot Buffalo Sauce to Other Sauces

When assessing Frank's Red Hot Buffalo Sauce nutrition facts, it is useful to compare it with similar condiments to highlight its relative advantages and disadvantages. Buffalo sauces and hot sauces vary widely in nutritional content, flavor profiles, and ingredient quality.

Comparison with Other Buffalo Sauces

Many buffalo sauces contain added butter or oil, which increases fat and calorie content significantly. Frank's Red Hot Buffalo Sauce is distinct for its fat-free formulation, making it a lighter option. In contrast, traditional buffalo wing sauces can contain upwards of 70 calories and 7 grams of fat per tablespoon due to butter content.

Comparison with Other Hot Sauces

Compared to other hot sauces such as Tabasco or Cholula, Frank's Red Hot Buffalo Sauce has a similar calorie and macronutrient profile but tends to have a higher sodium content. This difference is largely due to the seasoning blend and vinegar concentration used in the recipe.

Usage Tips and Portion Control for Optimal Nutrition

Maximizing the benefits of Frank's Red Hot Buffalo Sauce depends on mindful usage and portion control. This section provides practical advice on how to incorporate the sauce into meals while managing nutritional intake effectively.

Recommended Serving Sizes

Using the sauce in moderation is key, especially considering its sodium content. One tablespoon is the standard serving size and provides enough flavor to enhance dishes without excessive sodium intake. For those monitoring sodium closely, measuring the sauce instead of free-pouring helps maintain portion control.

Creative Culinary Uses

Frank's Red Hot Buffalo Sauce can be used in a variety of culinary applications beyond traditional wings, including:

- Drizzling over roasted vegetables for a spicy kick
- Mixing into dips and dressings to add heat
- Marinating proteins such as chicken or tofu

- Enhancing soups and stews with bold flavor

These uses allow for flavor enhancement without adding significant calories or fat, aligning with many dietary goals.

Frequently Asked Questions

What are the main ingredients in Frank's RedHot Buffalo Sauce?

Frank's RedHot Buffalo Sauce primarily contains aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder.

How many calories are in one tablespoon of Frank's RedHot Buffalo Sauce?

One tablespoon of Frank's RedHot Buffalo Sauce contains approximately 0-5 calories, making it a low-calorie condiment.

Is Frank's RedHot Buffalo Sauce gluten-free?

Yes, Frank's RedHot Buffalo Sauce is gluten-free, making it suitable for individuals with gluten sensitivities or celiac disease.

Does Frank's RedHot Buffalo Sauce contain any fat?

No, Frank's RedHot Buffalo Sauce contains 0 grams of fat per serving.

How much sodium is in a serving of Frank's RedHot Buffalo Sauce?

One tablespoon of Frank's RedHot Buffalo Sauce contains about 190 mg of sodium.

Is Frank's RedHot Buffalo Sauce suitable for a keto diet?

Yes, Frank's RedHot Buffalo Sauce is suitable for a keto diet because it is low in carbohydrates and contains no sugar.

Are there any sugars in Frank's RedHot Buffalo Sauce?

Frank's RedHot Buffalo Sauce contains zero grams of sugars per serving.

Does Frank's RedHot Buffalo Sauce have any protein?

No, Frank's RedHot Buffalo Sauce contains 0 grams of protein per serving.

What vitamins or minerals are present in Frank's RedHot Buffalo Sauce?

Frank's RedHot Buffalo Sauce contains negligible amounts of vitamins and minerals; it is not a significant source of any particular nutrient.

Additional Resources

1. *The Spicy Science: Understanding Frank's RedHot Buffalo Sauce Nutrition*

This book dives into the nutritional components of Frank's RedHot Buffalo Sauce, breaking down calories, fat content, sodium levels, and other key facts. It also explores how the sauce fits into various dietary needs and preferences. Readers will gain a comprehensive understanding of what makes this popular hot sauce both flavorful and nutritious.

2. *Buffalo Sauce on a Diet: Health Insights into Frank's RedHot*

Focusing on the health aspects of consuming Frank's RedHot Buffalo Sauce, this book discusses its low-calorie profile and potential benefits in weight management. It offers tips on incorporating the sauce into balanced meals without compromising nutrition. The author also compares it with other hot sauces on the market to help readers make informed choices.

3. *Flavor and Fitness: The Nutritional Guide to Frank's RedHot Buffalo Sauce*

This guidebook combines culinary delight with nutritional awareness, offering detailed facts about Frank's RedHot Buffalo Sauce. It includes meal ideas, portion control advice, and explanations of ingredient impact on health. Ideal for fitness enthusiasts who enjoy spicy flavors without sacrificing diet goals.

4. *From Farm to Table: The Ingredients Behind Frank's RedHot Buffalo Sauce Nutrition*

Exploring the sourcing and quality of ingredients in Frank's RedHot Buffalo Sauce, this book highlights how natural components affect nutrition. It explains the role of cayenne peppers, vinegar, and other ingredients in delivering both taste and nutritional value. Readers will appreciate the transparency and detail about what goes into their favorite buffalo sauce.

5. *Calories and Capsaicin: A Nutritional Analysis of Frank's RedHot Buffalo Sauce*

This analytical book focuses on the balance between calories and the heat factor from capsaicin in Frank's RedHot Buffalo Sauce. It discusses metabolism, appetite effects, and potential health benefits of spicy foods. The book is perfect for those interested in the science behind spicy nutrition.

6. *Hot Sauce and Health: Navigating Frank's RedHot Buffalo Sauce Nutrition Facts*

Covering the intersection of taste and wellness, this book helps readers understand the impact of Frank's RedHot Buffalo Sauce on health. Topics include sodium content, allergen information, and usage recommendations. The author provides practical advice for enjoying buffalo sauce responsibly.

7. *The Ultimate Guide to Frank's RedHot Buffalo Sauce Ingredients and Nutrition*

This comprehensive guide details every ingredient in Frank's RedHot Buffalo Sauce and their

nutritional contributions. It also includes comparisons with other popular sauces and suggestions for healthier alternatives. Perfect for foodies and nutritionists alike.

8. *Spice Up Your Meal: Incorporating Frank's RedHot Buffalo Sauce into a Balanced Diet*

This book offers creative recipes and meal plans that feature Frank's RedHot Buffalo Sauce while maintaining nutritional balance. It emphasizes portion control and pairing the sauce with nutrient-rich foods. Readers will find inspiration for delicious and healthy spicy dishes.

9. *Understanding Sodium and Spice: Frank's RedHot Buffalo Sauce Nutrition Explained*

Delving into the sodium content and spice level of Frank's RedHot Buffalo Sauce, this book explains how to enjoy flavor without overconsumption of salt. It includes tips on monitoring intake and balancing meals to maintain heart health. A valuable resource for those mindful of sodium in their diet.

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