



## 4-Ingredient Chili Dog Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 30 oz chili with beans canned
- 5 6-inch corn tortillas ()
- 0.5 cup mild cheddar cheese shredded kraft
- 5 oscar mayer wieners

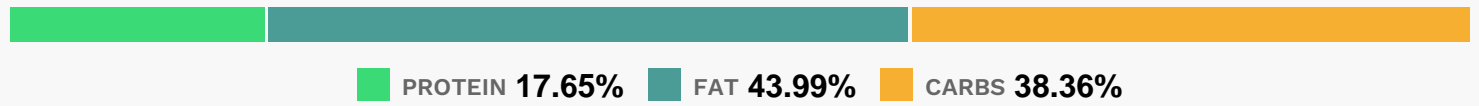
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 425F.
- Spread chili onto bottom of 8-inch square baking dish sprayed with cooking spray.
- Place 1 wiener on each tortilla; roll up.
- Place, seam sides down, over chili.
- Sprinkle with cheese; cover.
- Bake 25 min. or until wieners are heated through and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:3.01, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:2.6226086809259%

## Nutrients (% of daily need)

Calories: 57.78kcal (2.89%), Fat: 2.94g (4.53%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 4.47g (1.63%), Sugar: 0.33g (0.36%), Cholesterol: 8.64mg (2.88%), Sodium: 183.04mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Phosphorus: 62.84mg (6.28%), Iron: 1.03mg (5.74%), Fiber: 1.3g (5.21%), Zinc: 0.72mg (4.83%), Vitamin B5: 0.39mg (3.89%), Selenium: 2.7µg (3.86%), Magnesium: 14.88mg (3.72%), Vitamin B2: 0.05mg (3.12%), Potassium: 106.23mg (3.04%), Calcium: 27.39mg (2.74%), Manganese: 0.05mg (2.54%), Folate: 9.26µg (2.32%), Vitamin B6: 0.04mg (2.23%), Vitamin B1: 0.03mg (2.07%), Copper: 0.04mg (1.98%), Vitamin A: 98.14IU (1.96%), Vitamin B3: 0.38mg (1.91%)