



Atlanta Dogs

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 all-beef hot dog
- 1 cup pepper flakes (from 16-oz can)
- 8 hotdog buns split
- 1 cup coleslaw mix vinaigrette-style drained

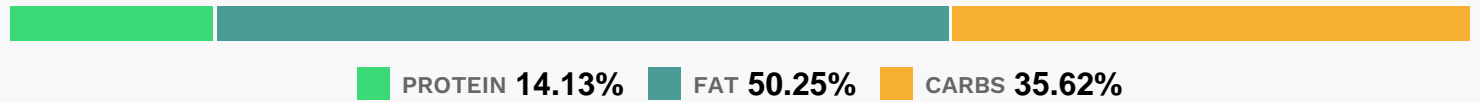
Equipment

- bowl
- grill
- microwave

Directions

- Heat gas or charcoal grill.
- Place hot dogs on grill over medium heat. Cook uncovered 10 to 15 minutes, turning frequently, until hot.
- Place chili in medium microwavable bowl; cover loosely. Microwave on high 45 to 60 seconds, stirring every 30 seconds, until hot.
- Spoon about 2 tablespoons chili on bottom half of each bun.
- Place hot dogs on buns. Top with coleslaw.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:13.47, Inflammation Score:-4, Nutrition Score:10.316956457884%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 275.41kcal (13.77%), Fat: 15.37g (23.65%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 23.24g (8.45%), Sugar: 5.09g (5.65%), Cholesterol: 25.2mg (8.4%), Sodium: 674.46mg (29.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.44%), Vitamin C: 30.7mg (37.21%), Selenium: 16.85µg (24.08%), Vitamin B1: 0.26mg (17.66%), Vitamin B3: 3.06mg (15.31%), Manganese: 0.29mg (14.65%), Vitamin B12: 0.82µg (13.64%), Iron: 2.3mg (12.75%), Folate: 50.72µg (12.68%), Phosphorus: 116.26mg (11.63%), Vitamin B2: 0.19mg (11.23%), Vitamin K: 11.31µg (10.78%), Zinc: 1.36mg (9.07%), Vitamin B6: 0.16mg (8.24%), Calcium: 71.82mg (7.18%), Copper: 0.14mg (6.76%), Potassium: 185.6mg (5.3%), Magnesium: 20.99mg (5.25%), Fiber: 1.26g (5.06%), Vitamin A: 187.5IU (3.75%), Vitamin D: 0.27µg (1.8%), Vitamin E: 0.26mg (1.71%), Vitamin B5: 0.16mg (1.55%)