



Bacon-Wrapped Hot Dogs

 Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 slices oscar mayer bacon
- 10 hot dog buns
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup heinz mustard yellow
- 0.3 cup onions chopped
- 1 jalapeño pepper chopped
- 1 tomatoes chopped
- 0.5 cup heinz tomato ketchup

16 oz oscar mayer wieners

Equipment

paper towels

grill

Directions

Heat grill to medium heat.

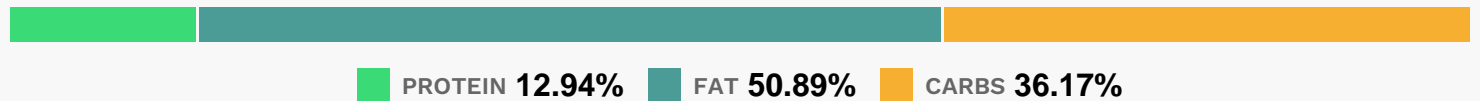
Combine tomatoes, onions and peppers.

Wrap 1 bacon slice tightly around each wiener, tucking in ends of bacon slices to secure. Grill 8 to 10 min. or until bacon is done and wieners are heated through, turning occasionally.

Drain on paper towels. Meanwhile, brush mayo evenly onto both sides of buns, then grill 1 to 2 min. on each side or until lightly toasted on both sides.

Fill buns with wieners; top with tomato mixture, ketchup and mustard.

Nutrition Facts



Properties

Glycemic Index:26.9, Glycemic Load:15.32, Inflammation Score:-4, Nutrition Score:11.381304251111%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 380.41kcal (19.02%), Fat: 21.57g (33.18%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 33.18g (12.06%), Sugar: 6.26g (6.96%), Cholesterol: 37.28mg (12.43%), Sodium: 879.52mg (38.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Selenium: 30.36µg (43.37%), Vitamin B1: 0.42mg (28.03%), Vitamin B3: 4.63mg (23.17%), Vitamin B2: 0.3mg (17.63%), Manganese: 0.35mg (17.49%), Folate: 66.59µg (16.65%), Iron: 2.82mg (15.68%), Phosphorus: 134.8mg (13.48%), Vitamin K: 12.77µg (12.16%), Zinc: 1.58mg (10.56%), Calcium: 81.95mg (8.19%), Vitamin B6: 0.15mg (7.33%), Vitamin B12: 0.44µg (7.29%), Potassium: 242.13mg (6.92%), Magnesium: 24.84mg (6.21%), Copper: 0.12mg (5.85%), Fiber: 1.31g (5.24%), Vitamin E: 0.66mg

(4.39%), Vitamin B5: 0.41mg (4.09%), Vitamin C: 3.1mg (3.75%), Vitamin A: 181.27IU (3.63%)