



## Bacon-Wrapped Hot Dogs

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices bacon (not thick-sliced)
- 8 all-beef hot dog
- 8 hotdog buns split
- 1 serving hot dogs

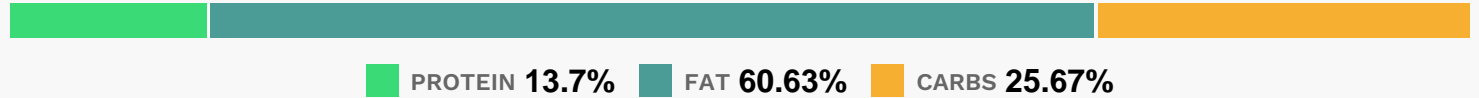
### Equipment

- baking sheet
- baking paper
- oven

## Directions

- Heat oven to 400°F. Line cookie sheet with parchment paper. Wrap bacon tightly around hot dogs; place on cookie sheet.
- Bake 12 to 15 minutes or until bacon is thoroughly cooked and hot dogs are browned.
- Serve immediately in buns with your favorite toppings.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:13.02, Inflammation Score:-2, Nutrition Score:8.8613043343243%

## Nutrients (% of daily need)

Calories: 371.36kcal (18.57%), Fat: 24.85g (38.22%), Saturated Fat: 9.18g (57.4%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 22.9g (8.33%), Sugar: 3.81g (4.24%), Cholesterol: 42.25mg (14.08%), Sodium: 855.32mg (37.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Selenium: 22.65µg (32.35%), Vitamin B1: 0.32mg (21.35%), Vitamin B3: 3.9mg (19.51%), Vitamin B12: 0.96µg (15.96%), Phosphorus: 143.17mg (14.32%), Iron: 2.28mg (12.69%), Manganese: 0.25mg (12.58%), Vitamin B2: 0.2mg (12.05%), Folate: 45.41µg (11.35%), Zinc: 1.67mg (11.13%), Calcium: 68.15mg (6.82%), Copper: 0.12mg (6.15%), Vitamin B6: 0.12mg (6.03%), Magnesium: 19mg (4.75%), Potassium: 162.12mg (4.63%), Fiber: 0.76g (3.06%), Vitamin B5: 0.25mg (2.5%), Vitamin D: 0.36µg (2.39%), Vitamin K: 2.04µg (1.94%), Vitamin E: 0.21mg (1.4%)