



Chicago Hot Dog

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 all-beef hot dog fat-free 97%
- ☐ 4 slices cucumber thin
- ☐ 8 teaspoons mustard
- ☐ 2 tablespoons relish sweet
- ☐ 12 strips tomatoes
- ☐ 8 tablespoons onion diced white
- ☐ 4 white-wheat hot dog buns toasted

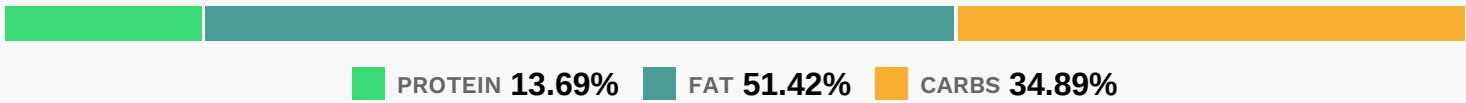
Equipment

☐ grill

Directions

- ☐ Preheat grill to medium heat.
- ☐ Place 4 (97% fat-free) beef franks on grill rack coated with cooking spray; grill, covered, 10 to 15 minutes, turning frequently until done.
- ☐ Place 3 strips tomato, 1 thin slice cucumber, and 1 frank in each of 4 toasted white-wheat hot dog buns. Top each frank with about 2 tablespoons diced white onion, about 1/2 tablespoon sweet pickle relish, and about 2 teaspoons mustard.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:9.9569564539453%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 284.15kcal (14.21%), Fat: 16.58g (25.5%), Saturated Fat: 6.24g (38.98%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 22.76g (8.28%), Sugar: 6.72g (7.47%), Cholesterol: 25.2mg (8.4%), Sodium: 827.82mg (35.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Selenium: 22.2µg (31.71%), Manganese: 0.52mg (25.88%), Vitamin B1: 0.24mg (16.23%), Vitamin B3: 3.05mg (15.24%), Iron: 2.57mg (14.29%), Folate: 55.88µg (13.97%), Phosphorus: 134.69mg (13.47%), Vitamin B12: 0.74µg (12.3%), Vitamin B2: 0.19mg (11.39%), Zinc: 1.56mg (10.38%), Fiber: 2.55g (10.21%), Copper: 0.18mg (9.16%), Magnesium: 32.9mg (8.22%), Vitamin K: 8.57µg (8.17%), Calcium: 57.28mg (5.73%), Vitamin B6: 0.11mg (5.47%), Potassium: 189.21mg (5.41%), Vitamin B5: 0.38mg (3.83%), Vitamin C: 2.23mg (2.7%), Vitamin A: 128.88IU (2.58%), Vitamin D: 0.27µg (1.8%)