



Chicago Hot Dogs

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oscar mayer selects uncured angus beef franks
- 2 claussen kosher dill pickle spears halved lengthwise
- 4 poppy seed hot dog buns
- 4 tsp heinz mustard yellow
- 0.3 cup onions chopped
- 8 sport peppers
- 0.3 cup claussen pickle relish sweet
- 1 small tomatoes cut into 8 wedges

Equipment

Directions

- Cook franks as directed on package.
- Fill buns with franks; place 2 tomato wedges on one side of each frank and 1 pickle piece on other side.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:11.27, Glycemic Load:3.7, Inflammation Score:-5, Nutrition Score:7.3221738999305%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 92.87kcal (4.64%), Fat: 4.3g (6.61%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 9.48g (3.45%), Sugar: 4.13g (4.59%), Cholesterol: 6.72mg (2.24%), Sodium: 299.11mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Vitamin C: 52.43mg (63.55%), Vitamin K: 10.63µg (10.12%), Vitamin B6: 0.17mg (8.52%), Manganese: 0.16mg (8.16%), Vitamin B1: 0.11mg (7.46%), Selenium: 4.93µg (7.04%), Vitamin A: 352.07IU (7.04%), Fiber: 1.59g (6.36%), Vitamin B3: 1.12mg (5.59%), Folate: 19.96µg (4.99%), Potassium: 171.49mg (4.9%), Iron: 0.86mg (4.8%), Phosphorus: 46.57mg (4.66%), Vitamin B2: 0.07mg (4.26%), Copper: 0.08mg (4.12%), Vitamin B12: 0.22µg (3.64%), Magnesium: 12.9mg (3.22%), Zinc: 0.47mg (3.11%), Calcium: 30.73mg (3.07%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.11mg (1.07%)