



Chicago Style Stand 'N Stuff™ Hot Dog Tacos

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 all-beef hot dog
- 0.5 teaspoon celery salt
- 1 flour tortilla soft
- 2 dill pickles whole cut into 4 spears
- 0.5 cup onion chopped
- 1 cup pasilla peppers (from a jar)
- 2 teaspoons poppy seeds
- 0.5 cup pickle relish sweet

- 2 tomatoes halved sliced
- 0.3 cup mustard yellow

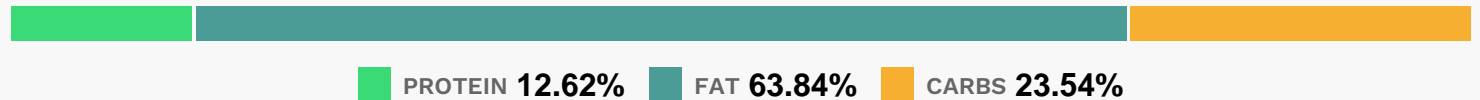
Equipment

- frying pan

Directions

- Add 1/2 inch water to 10-inch skillet.
- Heat over medium-high heat until simmering.
- Place hot dogs in skillet. Cover; steam 10 minutes.
- Meanwhile, heat tortillas as directed on package.
- Place poppy seed on plate, and dip cut edges of kosher dill pickles into seed.
- Place hot dogs in tortillas. Top with pickles and remaining Toppings.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:7.8643477688665%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 202.43kcal (10.12%), Fat: 14.74g (22.67%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 10.43g (3.79%), Sugar: 7.34g (8.15%), Cholesterol: 25.2mg (8.4%), Sodium: 977.96mg (42.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin C: 20.46mg (24.8%), Vitamin K: 19.8µg (18.85%), Selenium: 8.81µg (12.58%), Vitamin B12: 0.73µg (12.22%), Vitamin A: 547.03IU (10.94%), Phosphorus: 104.4mg (10.44%), Manganese: 0.19mg (9.56%), Zinc: 1.25mg (8.32%), Vitamin B3: 1.58mg (7.92%), Fiber: 1.8g (7.19%), Iron: 1.28mg (7.08%), Copper: 0.14mg (6.83%), Vitamin B6: 0.13mg (6.4%), Potassium: 222.38mg (6.35%),

Vitamin B1: 0.09mg (5.97%), Magnesium: 21.16mg (5.29%), Vitamin B2: 0.09mg (5.27%), Folate: 17.21µg (4.3%), Calcium: 42.22mg (4.22%), Vitamin E: 0.39mg (2.57%), Vitamin B5: 0.2mg (1.98%), Vitamin D: 0.27µg (1.8%)