



Chicago Style Stand 'N Stuff Hot Dog Tacos

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 all-beef hot dog
- ☐ 0.5 teaspoon celery salt
- ☐ 6.7 oz flour tortilla soft old el paso® stuff®
- ☐ 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

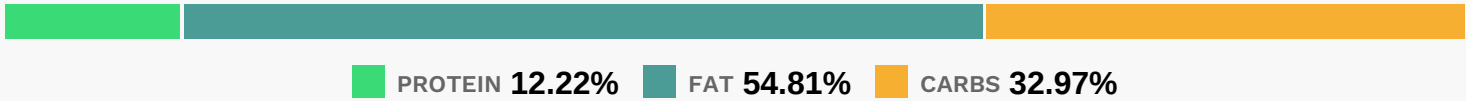
Equipment

- ☐ 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:4.31, Inflammation Score:-6, Nutrition Score:10.045652140742%

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: 263.6kcal (13.18%), Fat: 16.33g (25.13%), Saturated Fat: 6.4g (39.99%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 19.6g (7.13%), Sugar: 8.08g (8.97%), Cholesterol: 25.2mg (8.4%), Sodium: 1125.11mg (48.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.39%), Vitamin C: 20.46mg (24.8%), Vitamin K: 21.24µg (20.22%), Selenium: 13.27µg (18.95%), Phosphorus: 145.59mg (14.56%), Manganese: 0.29mg (14.5%), Vitamin B1: 0.19mg (12.67%), Vitamin B3: 2.47mg (12.34%), Vitamin B12: 0.73µg (12.22%), Iron: 2mg (11.12%), Vitamin A: 547.03IU (10.94%), Fiber: 2.5g (9.99%), Zinc: 1.35mg (9.02%), Folate: 36.01µg (9%), Vitamin B2: 0.15mg (8.58%), Copper:

0.16mg (7.87%), Calcium: 71.41mg (7.14%), Potassium: 247.37mg (7.07%), Vitamin B6: 0.14mg (6.99%), Magnesium: 25.56mg (6.39%), Vitamin E: 0.39mg (2.57%), Vitamin B5: 0.23mg (2.31%), Vitamin D: 0.27µg (1.8%)