

Chili-Cheese Dog Crescent Casserole

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups processed cheese food shredded
- 30 ounce chili with beans canned
- 8 hot dogs sliced
- 1 tablespoon sesame seed

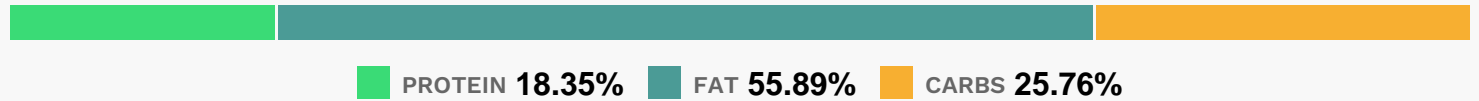
Equipment

- sauce pan
- oven
- glass baking pan

Directions

- In 2-quart saucepan, mix chili and hot dogs.
- Heat to boiling over medium-high heat, stirring occasionally. Spoon chili mixture into ungreased 13x9-inch (3-quart) glass baking dish; sprinkle with cheese.
- Separate or cut dough into 4 long rectangles (if using crescent rolls, press perforations to seal).
- Place on top of chili mixture.
- Sprinkle with sesame seed.
- Bake at 375 degrees F 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.5, Inflammation Score:-7, Nutrition Score:19.543913027515%

Nutrients (% of daily need)

Calories: 444.45kcal (22.22%), Fat: 28.47g (43.81%), Saturated Fat: 12.87g (80.47%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 23.14g (8.41%), Sugar: 2.48g (2.76%), Cholesterol: 86.1mg (28.7%), Sodium: 1735.32mg (75.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.07%), Phosphorus: 510.43mg (51.04%), Calcium: 459.77mg (45.98%), Iron: 6.69mg (37.18%), Selenium: 25.27µg (36.1%), Zinc: 5.02mg (33.48%), Fiber: 6.39g (25.58%), Vitamin B5: 2.47mg (24.67%), Vitamin B2: 0.4mg (23.65%), Magnesium: 85.37mg (21.34%), Potassium: 657.42mg (18.78%), Folate: 66.1µg (16.52%), Vitamin A: 808.56IU (16.17%), Vitamin B1: 0.23mg (15.19%), Manganese: 0.29mg (14.64%), Copper: 0.28mg (14.16%), Vitamin B3: 2.83mg (14.13%), Vitamin B12: 0.84µg (13.95%), Vitamin B6: 0.25mg (12.33%), Vitamin E: 1.02mg (6.8%), Vitamin K: 3.6µg (3.43%), Vitamin C: 2.47mg (2.99%), Vitamin D: 0.21µg (1.4%)