



Chili Dog Casserole I

READY IN



45 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce chili canned
- ☐ 8 hot dog buns
- ☐ 8 hot dogs
- ☐ 1 tablespoon mustard prepared
- ☐ 0.3 cup onion chopped
- ☐ 2 cups cheddar cheese shredded

Equipment

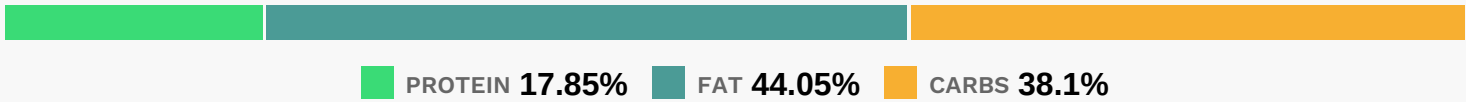
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Lightly grease a 9x13 inch baking dish. Tear up the hot dog buns and arrange the pieces in the bottom of the dish evenly. Slice the hot dogs into bite size pieces and layer the pieces over the buns.
- ☐ Pour the chili over the hot dogs, sprinkle with the chopped onion, then spread some mustard over the chili and the onion. Top off with the cheese.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:17.09, Inflammation Score:-7, Nutrition Score:18.910434572593%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 369.39kcal (18.47%), Fat: 18.25g (28.07%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 33.78g (12.28%), Sugar: 6.24g (6.94%), Cholesterol: 48.5mg (16.17%), Sodium: 728.11mg (31.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.27%), Vitamin C: 77.36mg (93.77%), Selenium: 32.41µg (46.3%), Calcium: 281.5mg (28.15%), Vitamin B1: 0.39mg (26.07%), Vitamin B2: 0.43mg (25.01%), Phosphorus: 243.19mg (24.32%), Vitamin B3: 4.14mg (20.71%), Folate: 81.24µg (20.31%), Manganese: 0.39mg (19.67%), Iron: 3.15mg (17.52%), Vitamin B6: 0.34mg (17.25%), Zinc: 2.41mg (16.1%), Vitamin A: 790.96IU (15.82%), Vitamin B12: 0.62µg (10.31%), Vitamin K: 10.21µg (9.72%), Magnesium: 36.88mg (9.22%), Potassium: 320.58mg (9.16%), Copper: 0.16mg (8.13%), Fiber: 1.73g (6.91%), Vitamin B5: 0.47mg (4.69%), Vitamin E: 0.7mg (4.67%), Vitamin D: 0.17µg (1.13%)