



## Chili Dog Casserole II

READY IN



45 min.

SERVINGS



10

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 16 ounce beef frankfurters
- ☐ 30 ounce chili with beans canned
- ☐ 10 8-inch flour tortillas ()
- ☐ 8 ounce cheddar cheese shredded

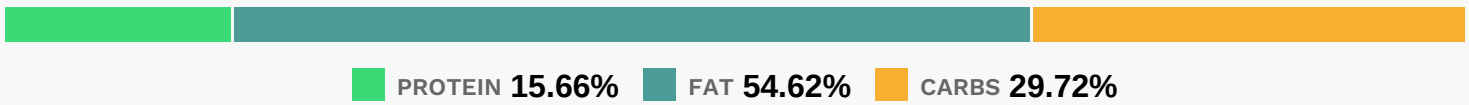
### Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

# Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Spread 1 can of chili and beans in the bottom of a 9x13 inch baking dish.
- ☐ Roll up franks inside tortillas and place in baking dish, seam side down, on top of chili and bean 'bed'. Top with remaining can of chili and beans, and sprinkle with cheese.
- ☐ Cover baking dish with aluminum foil, and bake at 425 degrees F (220 degrees C) for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.1, Glycemic Load:8.11, Inflammation Score:-6, Nutrition Score:16.693043574043%

## Nutrients (% of daily need)

Calories: 492.17kcal (24.61%), Fat: 30.18g (46.43%), Saturated Fat: 13.5g (84.35%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 31.42g (11.42%), Sugar: 3.7g (4.12%), Cholesterol: 62.54mg (20.85%), Sodium: 1432.57mg (62.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.47g (38.94%), Phosphorus: 403.41mg (40.34%), Selenium: 24.11µg (34.45%), Iron: 5.41mg (30.07%), Calcium: 279.31mg (27.93%), Zinc: 3.8mg (25.31%), Vitamin B2: 0.38mg (22.26%), Fiber: 5.53g (22.11%), Vitamin B1: 0.32mg (21.29%), Manganese: 0.38mg (18.86%), Folate: 74.99µg (18.75%), Vitamin B3: 3.61mg (18.05%), Vitamin B12: 0.98µg (16.33%), Magnesium: 61.51mg (15.38%), Vitamin B5: 1.48mg (14.85%), Potassium: 450.61mg (12.87%), Copper: 0.22mg (11.18%), Vitamin A: 513.86IU (10.28%), Vitamin B6: 0.19mg (9.53%), Vitamin K: 5.83µg (5.55%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.41µg (2.72%), Vitamin C: 1.45mg (1.75%)