



## Chili Dog Wraps

 **Gluten Free**  **Very Healthy**

READY IN



**30 min.**

SERVINGS



**1**

CALORIES



**2774 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounces pepper flakes canned
- 10 8-inch corn tortillas (6 to 8 inches in diameter)
- 10 hot dogs
- 4 ounces monterrey jack cheese shredded
- 24 ounces salsa (any variety)

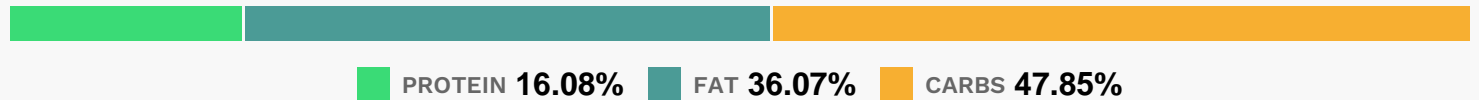
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 350F. Grease rectangular baking dish, 13x9x2 inches.
- Soften tortillas as directed on package.
- Place 1 hot dog and 3 tablespoons chili on each tortilla.
- Roll up tortillas; place seam side down in baking dish. Spoon salsa over tortillas.
- Cover and bake 20 minutes.
- Sprinkle with cheese.
- Bake uncovered about 5 minutes longer or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:150.5, Glycemic Load:114.75, Inflammation Score:-10, Nutrition Score:86.034347990285%

## Nutrients (% of daily need)

Calories: 2773.88kcal (138.69%), Fat: 115.7g (178.01%), Saturated Fat: 47.25g (295.32%), Carbohydrates: 345.29g (115.1%), Net Carbohydrates: 301.47g (109.62%), Sugar: 52.55g (58.39%), Cholesterol: 303.42mg (101.14%), Sodium: 8440.01mg (366.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 116.03g (232.06%), Vitamin C: 624.45mg (756.91%), Phosphorus: 2605.57mg (260.56%), Selenium: 168.34µg (240.49%), Vitamin B6: 4.54mg (226.99%), Vitamin B3: 35.76mg (178.78%), Fiber: 43.83g (175.3%), Manganese: 3.3mg (164.95%), Vitamin A: 8194.21IU (163.88%), Calcium: 1527.99mg (152.8%), Vitamin B2: 2.55mg (149.75%), Magnesium: 576.98mg (144.25%), Zinc: 20.2mg (134.66%), Vitamin B1: 2.02mg (134.49%), Potassium: 4617.54mg (131.93%), Iron: 23.59mg (131.08%), Copper: 1.99mg (99.71%), Folate: 385.93µg (96.48%), Vitamin K: 90.95µg (86.61%), Vitamin E: 12.65mg (84.33%), Vitamin B12: 3.28µg (54.69%), Vitamin B5: 5.24mg (52.43%), Vitamin D: 0.68µg (4.54%)