



 **100%**
HEALTH SCORE

Chili Dog Wraps

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

READY IN



30 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

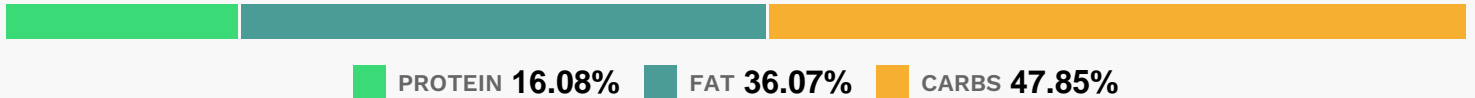
Equipment

- oven
- baking pan

Directions

- Heat oven to 350°F. 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:37.63, Glycemic Load:28.69, Inflammation Score:-9, Nutrition Score:35.528695723285%

Nutrients (% of daily need)

Calories: 693.47kcal (34.67%), Fat: 28.93g (44.5%), Saturated Fat: 11.81g (73.83%), Carbohydrates: 86.32g (28.77%), Net Carbohydrates: 75.37g (27.41%), Sugar: 13.14g (14.6%), Cholesterol: 75.86mg (25.29%), Sodium: 2110mg (91.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.02%), Vitamin C: 156.11mg (189.23%), Phosphorus: 651.39mg (65.14%), Selenium: 42.09µg (60.12%), Vitamin B6: 1.13mg (56.75%), Vitamin B3: 8.94mg (44.69%), Fiber: 10.96g (43.83%), Manganese: 0.82mg (41.24%), Vitamin A: 2048.55IU (40.97%), Calcium: 382mg (38.2%), Vitamin B2: 0.64mg (37.44%), Magnesium: 144.25mg (36.06%), Zinc: 5.05mg (33.66%), Vitamin B1: 0.5mg (33.62%), Potassium: 1154.38mg (32.98%), Iron: 5.9mg (32.77%), Copper: 0.5mg (24.93%), Folate: 96.48µg (24.12%), Vitamin K: 22.74µg (21.65%), Vitamin E: 3.16mg (21.08%), Vitamin B12: 0.82µg (13.67%), Vitamin B5: 1.31mg (13.11%), Vitamin D: 0.17µg (1.13%)