



HEALTH SCORE

97%

Chili Dogs



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



2005 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bulk sausage hot
- 48 ounce kidney beans canned
- 56 ounce tomatoes whole chopped canned
- 1 cup cheddar grated
- 0.3 cup chili powder
- 2 tablespoons flour all-purpose
- 4 garlic cloves minced
- 3 pounds ground beef

- 4 hot dog buns
- 4 hot dogs
- 3 onions chopped
- 1 tablespoon oregano dried
- 1 teaspoon salt
- 1 tablespoon sugar

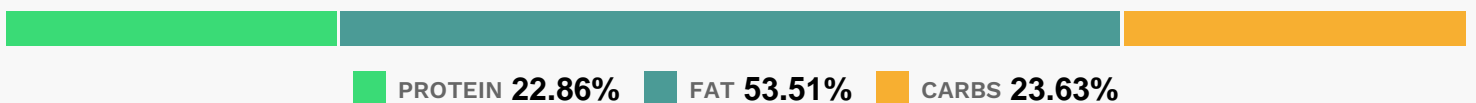
Equipment

- frying pan
- ladle
- pot
- grill
- dutch oven

Directions

- Using a Dutch oven, combine the ground chuck, sausage, onions, and garlic. Cook over medium heat until the meat is browned, stirring the meat to break it up as it cooks.
- Drain the pan drippings. Stir in the chili powder, flour, sugar, oregano, salt, and stir well. Cover pot and simmer for 30 minutes, stirring occasionally.
- Add the tomatoes and beans, and simmer for another 20 to 30 minutes.
- Preheat a grill. Butterfly, or gently slice hot dogs lengthwise, making sure not to cut all the way through. Grill butterflied hot dogs until done, approximately 5 minutes.
- Place the buns on the grill to warm them.
- Place hot dogs in the bun.
- Put the hot dog on the plate with split side facing up. Ladle chili over and top with cheese.

Nutrition Facts



Properties

Glycemic Index:101.02, Glycemic Load:38.25, Inflammation Score:-10, Nutrition Score:77.983478711999%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 18.78mg, Quercetin: 18.78mg, Quercetin: 18.78mg, Quercetin: 18.78mg

Nutrients (% of daily need)

Calories: 2004.52kcal (100.23%), Fat: 120.12g (184.8%), Saturated Fat: 44.95g (280.95%), Carbohydrates: 119.35g (39.78%), Net Carbohydrates: 89.34g (32.49%), Sugar: 26.57g (29.53%), Cholesterol: 371.68mg (123.89%), Sodium: 3918.2mg (170.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 115.47g (230.94%), Zinc: 22.47mg (149.83%), Vitamin B3: 29.8mg (148.98%), Vitamin B12: 8.86µg (147.71%), Phosphorus: 1422.25mg (142.22%), Vitamin B6: 2.69mg (134.39%), Selenium: 91.85µg (131.21%), Iron: 21.95mg (121.94%), Fiber: 30.01g (120.03%), Manganese: 2.11mg (105.62%), Vitamin A: 5240.36IU (104.81%), Potassium: 3410.48mg (97.44%), Vitamin B2: 1.66mg (97.36%), Vitamin B1: 1.46mg (97.12%), Vitamin E: 10.59mg (70.62%), Magnesium: 277.93mg (69.48%), Copper: 1.35mg (67.5%), Calcium: 658.98mg (65.9%), Folate: 242.81µg (60.7%), Vitamin C: 48.2mg (58.42%), Vitamin K: 58.55µg (55.76%), Vitamin B5: 4.01mg (40.09%), Vitamin D: 1.98µg (13.23%)