



Chili Dogs

READY IN



30 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 hot dogs
- 8 hotdog buns
- 24 ounce pepper flakes canned
- 0.5 lb cheddar cheese shredded

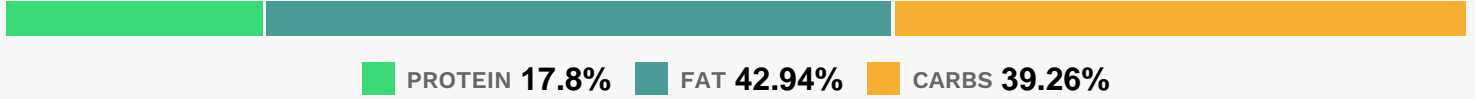
Equipment

- pot

Directions

- Heat up the chili and hot dogs in a pot.
- Open a bun on a plate and spoon one hot dog and chili over the bun.
- Sprinkle cheese on top.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:18.03, Inflammation Score:-8, Nutrition Score:20.847391268481%

Nutrients (% of daily need)

Calories: 379.41kcal (18.97%), Fat: 18.35g (28.24%), Saturated Fat: 8.18g (51.14%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 35.72g (12.99%), Sugar: 7.7g (8.55%), Cholesterol: 48.6mg (16.2%), Sodium: 710.81mg (30.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.12g (34.24%), Vitamin C: 122.81mg (148.86%), Selenium: 31.93µg (45.62%), Calcium: 284.34mg (28.43%), Vitamin B1: 0.41mg (27.22%), Vitamin B2: 0.45mg (26.49%), Phosphorus: 253.89mg (25.39%), Vitamin B6: 0.5mg (24.96%), Vitamin B3: 4.52mg (22.62%), Manganese: 0.44mg (21.94%), Folate: 87.51µg (21.88%), Vitamin A: 1094.15IU (21.88%), Iron: 3.44mg (19.12%), Zinc: 2.48mg (16.54%), Vitamin K: 14.63µg (13.93%), Potassium: 413.24mg (11.81%), Magnesium: 42.84mg (10.71%), Vitamin B12: 0.62µg (10.33%), Copper: 0.2mg (10.02%), Fiber: 2.04g (8.16%), Vitamin E: 0.91mg (6.09%), Vitamin B5: 0.52mg (5.22%), Vitamin D: 0.17µg (1.13%)