

Chili Dogs

READY IN



30 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings cheddar cheese shredded chopped
- 2 tablespoons chili powder
- 1 garlic clove minced
- 8 hotdog buns split
- 8 hot dogs
- 0.3 teaspoon pepper
- 1 teaspoon hot sauce hot
- 1 teaspoon salt
- 1 cup sacramento tomato juice

6 ounces canned tomatoes canned

Equipment

frying pan

grill

Directions

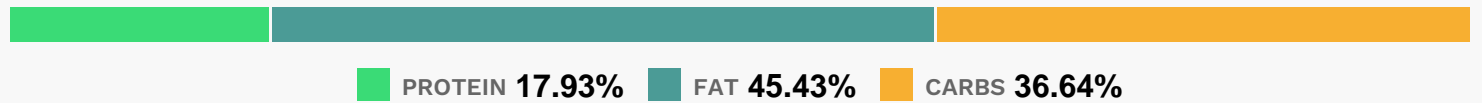
In a large skillet, cook beef and garlic over medium heat until meat is no longer pink; drain. Stir in the tomato juice, tomato paste, chili powder, pepper sauce, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes. Keep hot until serving.

Grill or broil hot dogs until heated through.

Place on buns; top with chili.

Sprinkle with onion and cheese if desired.

Nutrition Facts



Properties

Glycemic Index:31.04, Glycemic Load:16.09, Inflammation Score:-7, Nutrition Score:15.455217268156%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 370.5kcal (18.53%), Fat: 18.91g (29.09%), Saturated Fat: 8.53g (53.28%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 32.3g (11.74%), Sugar: 5.36g (5.96%), Cholesterol: 50.25mg (16.75%), Sodium: 1081.83mg (47.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.59%), Selenium: 32.66µg (46.66%), Calcium: 302.14mg (30.21%), Vitamin B1: 0.38mg (25.58%), Vitamin B2: 0.42mg (24.98%), Phosphorus: 243.87mg (24.39%), Vitamin A: 1077.61IU (21.55%), Vitamin B3: 4.17mg (20.83%), Manganese: 0.39mg (19.46%), Folate: 77.75µg (19.44%), Iron: 3.34mg (18.54%), Zinc: 2.52mg (16.77%), Vitamin B12: 0.64µg (10.62%), Vitamin C: 8.62mg (10.45%), Vitamin E: 1.47mg (9.78%), Vitamin B6: 0.18mg (9.15%), Potassium: 314.62mg (8.99%), Magnesium: 34.53mg (8.63%), Copper: 0.17mg (8.55%), Fiber: 2.01g (8.05%), Vitamin K: 6.82µg (6.5%), Vitamin B5: 0.51mg (5.14%), Vitamin D: 0.18µg (1.2%)