



Chipotle Chili Cheese Dogs

READY IN



40 min.

SERVINGS



4

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon diced
- ☐ 15 ounce pinto beans drained and rinsed canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 teaspoons chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 4 foot-long hot dogs
- ☐ 3 tablespoons chipotle hot sauce plus more for serving
- ☐ 3 tablespoons catsup
- ☐ 1 small onion finely chopped

- ☐ 1 cup pepper jack cheese shredded
- ☐ 4 hoagie rolls split soft
- ☐ 4 servings vegetable oil for the grill

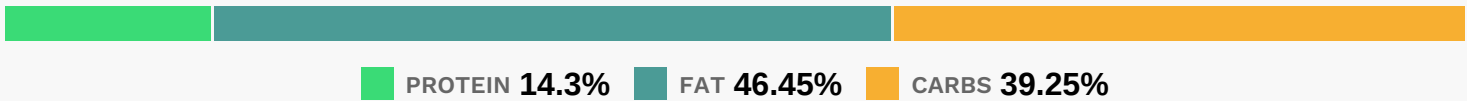
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Cook the bacon in a skillet over medium heat until slightly crisp, 3 to 4 minutes.
- ☐ Add the onion, chili powder and cumin and cook until the onion is soft, about 3 minutes. Stir in the ketchup and cook until it is slightly browned, 2 to 3 minutes.
- ☐ Add the beans, tomatoes, hot sauce and 1 cup water, cover and bring to a boil. Uncover and cook, stirring occasionally, until the mixture thickens, about 20 minutes.
- ☐ Meanwhile, preheat a grill to medium and brush with vegetable oil. Grill the hot dogs until marked, turning, about 10 minutes. Toast the rolls on the grill, if desired.
- ☐ Sprinkle the inside of each roll with cheese, then add a hot dog, some of the bean mixture and more cheese. Top with scallions, sour cream and/or hot sauce, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:32.87, Inflammation Score:-7, Nutrition Score:23.701304554939%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 703.58kcal (35.18%), Fat: 37.01g (56.93%), Saturated Fat: 11.55g (72.19%), Carbohydrates: 70.37g (23.46%), Net Carbohydrates: 61.7g (22.44%), Sugar: 13.42g (14.91%), Cholesterol: 52.65mg (17.55%), Sodium: 1640.88mg (71.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.27%), Iron: 15.49mg (86.05%), Fiber: 8.67g (34.68%), Vitamin K: 35.86µg (34.15%), Phosphorus: 331.08mg (33.11%), Calcium: 327.84mg (32.78%), Manganese: 0.64mg (32.22%), Selenium: 19.25µg (27.49%), Vitamin E: 3.73mg (24.89%), Vitamin C: 19.34mg (23.44%), Potassium: 804.53mg (22.99%), Copper: 0.44mg (22.12%), Vitamin B2: 0.36mg (21.06%), Vitamin B3: 4.03mg (20.14%), Vitamin B1: 0.29mg (19.56%), Magnesium: 77.45mg (19.36%), Zinc: 2.89mg (19.24%), Vitamin B6: 0.38mg (19.2%), Folate: 71.26µg (17.82%), Vitamin A: 818.97IU (16.38%), Vitamin B12: 0.52µg (8.72%), Vitamin B5: 0.83mg (8.31%), Vitamin D: 0.21µg (1.42%)