

## Classic Cobb Salad-Topped Franks

READY IN



15 min.

SERVINGS



8

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 slices oscar mayer butcher applewood bacon smoked thick cut crumbled cooked
- 14 oz oscar mayer selects uncured angus beef franks
- 0.3 cup chunky cheese dressing blue kraft
- 8 hot dog buns bakery-style
- 1.5 cups lettuce shredded
- 0.5 cup plum tomatoes chopped

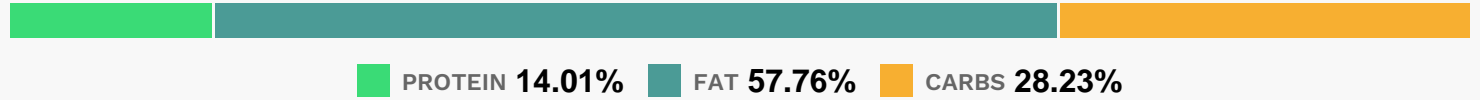
### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Grill franks 7 to 9 min. or until heated through, turning occasionally and adding buns to the grill for the last few minutes to toast cut sides of buns.
- Fill buns with franks and remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:12.95, Inflammation Score:-3, Nutrition Score:9.1956521790961%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 338.81kcal (16.94%), Fat: 21.64g (33.29%), Saturated Fat: 8.21g (51.29%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 22.69g (8.25%), Sugar: 4.76g (5.29%), Cholesterol: 35.12mg (11.71%), Sodium: 865.27mg (37.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.63%), Selenium: 19.61µg (28.02%), Vitamin B1: 0.29mg (19.37%), Vitamin B3: 3.46mg (17.32%), Vitamin B12: 0.97µg (16.1%), Phosphorus: 140.82mg (14.08%), Manganese: 0.28mg (13.99%), Iron: 2.3mg (12.78%), Folate: 49.29µg (12.32%), Vitamin B2: 0.2mg (11.68%), Zinc: 1.59mg (10.61%), Calcium: 77.43mg (7.74%), Copper: 0.13mg (6.66%), Vitamin K: 6.88µg (6.55%), Vitamin B6: 0.11mg (5.54%), Potassium: 192.59mg (5.5%), Magnesium: 20.65mg (5.16%), Fiber: 1.1g (4.42%), Vitamin A: 195.67IU (3.91%), Vitamin C: 2.98mg (3.61%), Vitamin D: 0.34µg (2.28%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.29mg (1.9%)