



Coney Island Chili Dogs

READY IN



40 min.

SERVINGS



8

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 beef hot dogs
- ☐ 12 ounce chili sauce
- ☐ 1.5 ounce chili seasoning
- ☐ 26 ounce fries crispy frozen french
- ☐ 8 hot dog buns
- ☐ 1 pound ground beef lean
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon salt
- ☐ 8 servings cheddar shredded

- ☐ 2 tablespoons taco seasoning
- ☐ 0.3 cup water
- ☐ 8 servings onion white chopped
- ☐ 1 teaspoon worcestershire sauce
- ☐ 1 tablespoon mustard yellow

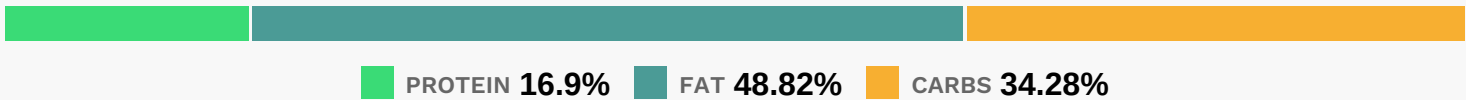
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pot over medium heat, brown the ground beef stirring constantly to break up all the clumps into fine pieces.
- ☐ Add the chili sauce, chili seasoning, water, Worcestershire, mustard and onion powder. Bring to a boil, lower the heat, and simmer for 30 minutes.
- ☐ Meanwhile, boil the hot dogs according to package instructions.
- ☐ Place hot dogs in buns, top with chili, cheddar cheese, and chopped white onion.
- ☐ Serve with Spicy Fries.
- ☐ Preheat oven to 450 degrees F.
- ☐ Combine taco seasoning and salt; set aside.
- ☐ On baking sheets make a single layer of French fries.
- ☐ Bake until golden brown, about 12 minutes and season with the spicy salt mixture.
- ☐ Serve with chili dogs.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:29.42, Inflammation Score:-10, Nutrition Score:29.45695632437%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 784.59kcal (39.23%), Fat: 43.01g (66.17%), Saturated Fat: 17.35g (108.42%), Carbohydrates: 67.94g (22.65%), Net Carbohydrates: 59.03g (21.47%), Sugar: 12.67g (14.08%), Cholesterol: 90.35mg (30.12%), Sodium: 2303.83mg (100.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.5g (67%), Vitamin A: 3235.05IU (64.7%), Selenium: 37.28µg (53.26%), Phosphorus: 483.94mg (48.39%), Vitamin B3: 9.29mg (46.46%), Vitamin B12: 2.41µg (40.11%), Zinc: 6mg (39.97%), Vitamin B6: 0.72mg (35.82%), Fiber: 8.91g (35.66%), Iron: 6.36mg (35.32%), Calcium: 327.23mg (32.72%), Vitamin B2: 0.53mg (31.46%), Manganese: 0.63mg (31.32%), Potassium: 1093.14mg (31.23%), Vitamin B1: 0.43mg (28.78%), Folate: 89.17µg (22.29%), Vitamin C: 17.69mg (21.45%), Vitamin E: 2.86mg (19.06%), Magnesium: 73.94mg (18.49%), Copper: 0.31mg (15.58%), Vitamin B5: 1.29mg (12.9%), Vitamin K: 9.61µg (9.16%), Vitamin D: 0.51µg (3.38%)