



Coney Island Hot Dogs

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz oscar mayer beef franks
- 8 oz tomato sauce canned
- 1 tsp chili powder
- 10 hot dog buns
- 0.5 lb ground beef lean
- 1 onion chopped
- 0.5 tsp lea & perrins worcestershire sauce

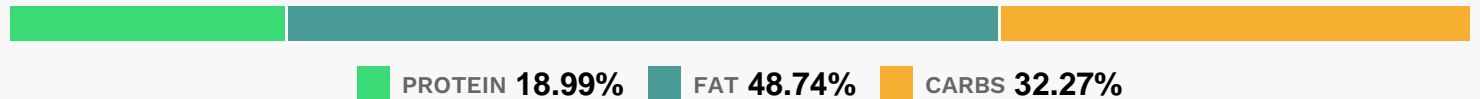
Equipment

frying pan

Directions

- Brown ground beef with onions in large skillet; drain. Return meat mixture to skillet. Stir in next 3 ingredients. Bring to boil; simmer on low heat 10 min., stirring occasionally.
- Meanwhile, cook franks as directed on package.
- Place franks in buns; top with ground beef mixture.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:13.34, Inflammation Score:-4, Nutrition Score:10.663043498993%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 308.81kcal (15.44%), Fat: 16.64g (25.6%), Saturated Fat: 6.54g (40.88%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 23.4g (8.51%), Sugar: 5.14g (5.71%), Cholesterol: 39.46mg (13.15%), Sodium: 806.12mg (35.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.17%), Selenium: 20.97µg (29.96%), Vitamin B12: 1.33µg (22.21%), Vitamin B3: 4.33mg (21.67%), Vitamin B1: 0.27mg (17.79%), Zinc: 2.54mg (16.93%), Phosphorus: 161.64mg (16.16%), Iron: 2.91mg (16.16%), Manganese: 0.29mg (14.47%), Vitamin B2: 0.23mg (13.46%), Folate: 48.04µg (12.01%), Vitamin B6: 0.19mg (9.47%), Copper: 0.16mg (8.05%), Potassium: 280.37mg (8.01%), Calcium: 74.69mg (7.47%), Magnesium: 25.6mg (6.4%), Fiber: 1.39g (5.54%), Vitamin E: 0.61mg (4.07%), Vitamin C: 2.99mg (3.63%), Vitamin A: 179.14IU (3.58%), Vitamin B5: 0.33mg (3.31%), Vitamin K: 3.08µg (2.93%), Vitamin D: 0.29µg (1.97%)