



Crunchy Nacho Dogs

READY IN



40 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 oz processed cheese food
- 0.5 cup nacho cheese-flavored tortilla chips crushed
- 8 oz regular crescent rolls refrigerated canned
- 4 hot dogs
- 1 tablespoon milk

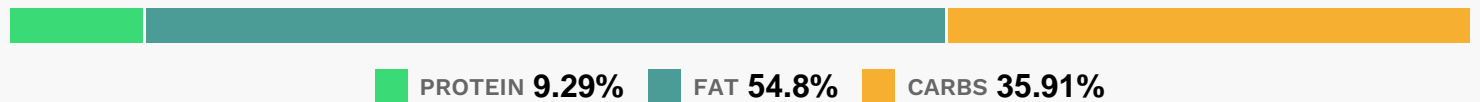
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F. Lightly grease cookie sheet.
- If using crescent rolls: Unroll dough; separate dough into 4 rectangles. Firmly press perforations to seal. If using dough sheet: Unroll dough; cut into 4 rectangles.
- Place cheese slices on rectangles; place hot dog in center of each. Fold short sides of dough over hot dogs; roll up each. Press edges to seal.
- Brush rolls with milk; roll in crushed chips.
- Place rolls, seam side down, on cookie sheet.
- Bake 15 to 22 minutes or until deep golden brown. If desired, serve with ketchup, salsa or sour cream.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:2.6, Inflammation Score:-3, Nutrition Score:9.4108695342489%

Nutrients (% of daily need)

Calories: 544.22kcal (27.21%), Fat: 33.85g (52.08%), Saturated Fat: 12.51g (78.16%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 48.39g (17.6%), Sugar: 7.1g (7.89%), Cholesterol: 41.96mg (13.99%), Sodium: 1313.96mg (57.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.82%), Calcium: 278.12mg (27.81%), Selenium: 18.48µg (26.4%), Phosphorus: 259.15mg (25.92%), Vitamin E: 2.02mg (13.45%), Vitamin B2: 0.22mg (13.01%), Iron: 2.25mg (12.52%), Zinc: 1.86mg (12.41%), Vitamin B1: 0.16mg (10.57%), Vitamin B3: 2.08mg (10.38%), Vitamin B12: 0.57µg (9.55%), Magnesium: 34.01mg (8.5%), Manganese: 0.15mg (7.68%), Folate: 27.6µg (6.9%), Fiber: 1.51g (6.03%), Vitamin B5: 0.54mg (5.41%), Vitamin B6: 0.1mg (5.07%), Potassium: 165.34mg (4.72%), Vitamin A: 207IU (4.14%), Copper: 0.08mg (3.75%), Vitamin D: 0.17µg (1.13%)