



Dallas Dogs

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



357 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 all-beef hot dog
- ☐ 2 teaspoons olive oil
- ☐ 0.5 bell pepper red cut into strips
- ☐ 0.5 bell pepper green cut into strips
- ☐ 4 slices bacon uncooked
- ☐ 4 6-inch flour tortilla ()
- ☐ 0.3 cup jalapeno drained sliced

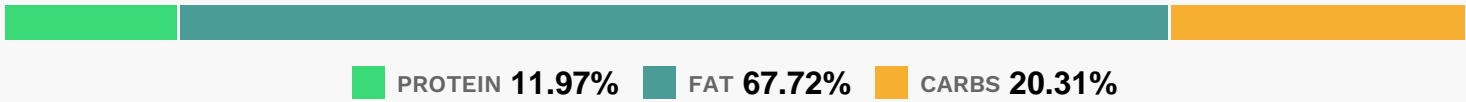
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Set oven control to broil.
- ☐ Spray cookie sheet with cooking spray.
- ☐ Place hot dogs on cookie sheet. Broil with tops 4 to 6 inches from heat 4 to 5 minutes or until hot. Set aside; keep warm.
- ☐ Reduce oven temperature to 350°F. In 10-inch skillet, heat oil over medium-high heat until hot. Cook onion and bell peppers in oil 4 to 6 minutes, stirring frequently, until slightly softened and brown.
- ☐ Remove from skillet; keep warm.
- ☐ In same skillet, cook bacon 4 to 6 minutes or until brown but still limp.
- ☐ Place 1 hot dog on each tortilla; top each with one-fourth of the onion-pepper mixture. Set aside 4 jalapeño slices; divide remaining jalapeño slices among tortillas. Wrap each tortilla around filling, then wrap bacon slice around each tortilla; secure with a toothpick, and garnish with 1 jalapeño slice.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake at 350°F 5 to 8 minutes or until bacon is crispy and filling is hot.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:4.98, Inflammation Score:-6, Nutrition Score:11.003912998282%

Flavonoids

Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 356.84kcal (17.84%), Fat: 26.84g (41.29%), Saturated Fat: 9.71g (60.67%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 16.34g (5.94%), Sugar: 3.05g (3.39%), Cholesterol: 39.72mg (13.24%), Sodium: 828.94mg (36.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Vitamin C: 37.67mg (45.66%), Selenium: 16.32µg (23.32%), Vitamin B3: 3.53mg (17.66%), Phosphorus: 164.79mg (16.48%), Vitamin B1: 0.25mg (16.38%), Vitamin B12: 0.84µg (14.06%), Vitamin A: 589.55IU (11.79%), Iron: 1.92mg (10.68%), Vitamin B6: 0.21mg (10.44%), Folate: 40.75µg (10.19%), Manganese: 0.2mg (9.99%), Vitamin B2: 0.17mg (9.89%), Zinc: 1.47mg (9.79%), Fiber: 1.77g (7.09%), Potassium: 210.95mg (6.03%), Vitamin K: 6.23µg (5.94%), Copper: 0.12mg (5.92%), Vitamin E: 0.87mg (5.83%), Calcium: 52.62mg (5.26%), Magnesium: 19.21mg (4.8%), Vitamin B5: 0.35mg (3.5%), Vitamin D: 0.36µg (2.39%)