

Dressed-Up Dogs

READY IN



40 min.

SERVINGS



12

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon double-acting baking powder
- 1 tablespoon butter
- 2 cups flour all-purpose
- 1 tablespoon parsley dried fresh minced
- 12 hot dogs
- 0.8 cup milk
- 2 tablespoons parmesan cheese grated
- 0.5 teaspoon salt
- 0.5 cup shortening

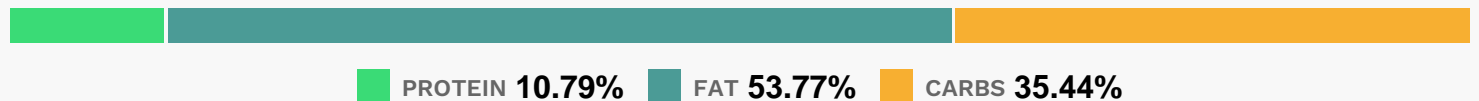
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, combine flour, baking powder and salt.
- Cut in shortening until the mixture resembles coarse crumbs. Stir in milk just until moistened.
- Turn onto a floured surface; knead 10–12 times.
- Roll into a 13-in. circle.
- Brush with butter; sprinkle with cheese and parsley.
- Cut into 12 wedges.
- Place hot dogs at wide end of wedges and roll up.
- Place on an ungreased baking sheet with point down.
- Bake at 425° for 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:14.34, Inflammation Score:-3, Nutrition Score:7.8686956296796%

Flavonoids

Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg

Nutrients (% of daily need)

Calories: 284.53kcal (14.23%), Fat: 17.1g (26.31%), Saturated Fat: 5.53g (34.55%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 24.75g (9%), Sugar: 0.8g (0.89%), Cholesterol: 25.31mg (8.44%), Sodium: 540.09mg (23.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.45%), Selenium: 19.61µg (28.01%), Vitamin B1: 0.28mg

(18.83%), Folate: 60.56µg (15.14%), Vitamin B2: 0.26mg (15.13%), Vitamin B3: 2.94mg (14.69%), Iron: 2.19mg (12.15%), Phosphorus: 110.65mg (11.07%), Calcium: 101.13mg (10.11%), Manganese: 0.2mg (10.1%), Zinc: 1.16mg (7.76%), Vitamin K: 7.01µg (6.68%), Vitamin B12: 0.33µg (5.49%), Vitamin B5: 0.45mg (4.46%), Vitamin E: 0.59mg (3.93%), Magnesium: 13.52mg (3.38%), Potassium: 117.37mg (3.35%), Copper: 0.07mg (3.35%), Fiber: 0.61g (2.44%), Vitamin B6: 0.04mg (2.16%), Vitamin A: 64.3IU (1.29%), Vitamin D: 0.17µg (1.15%)