



Feisty Mustard-Topped Franks

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz oscar mayer selects uncured angus bun-length beef franks
- 4 oz chiles green drained chopped canned
- 2 claussen kosher dill pickle wholes chopped
- 8 hot dog buns
- 2 Tbsp heinz mustard yellow
- 2 Tbsp onions chopped

Equipment

- grill

Directions

- Heat grill to medium heat.
- Grill franks 7 to 9 min. or until heated through, turning occasionally.
- Meanwhile, mix next 4 ingredients.
- Place franks in buns; top with pickle mixture.

Nutrition Facts

 **PROTEIN 14.08%**  **FAT 52.8%**  **CARBS 33.12%**

Properties

Glycemic Index:15.13, Glycemic Load:12.79, Inflammation Score:-3, Nutrition Score:8.6482608214669%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 289.02kcal (14.45%), Fat: 16.91g (26.02%), Saturated Fat: 6.57g (41.04%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 22.49g (8.18%), Sugar: 4.26g (4.73%), Cholesterol: 27.78mg (9.26%), Sodium: 947.39mg (41.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Selenium: 18.6µg (26.56%), Vitamin B1: 0.26mg (17.66%), Vitamin B3: 3.04mg (15.22%), Vitamin B12: 0.89µg (14.89%), Manganese: 0.27mg (13.57%), Iron: 2.41mg (13.41%), Folate: 52.62µg (13.15%), Phosphorus: 121.32mg (12.13%), Vitamin B2: 0.19mg (11.32%), Zinc: 1.46mg (9.7%), Calcium: 82.98mg (8.3%), Vitamin C: 5.94mg (7.2%), Copper: 0.12mg (6.19%), Fiber: 1.37g (5.49%), Magnesium: 19.98mg (4.99%), Vitamin K: 4.84µg (4.61%), Potassium: 159.84mg (4.57%), Vitamin B6: 0.09mg (4.53%), Vitamin D: 0.3µg (1.98%), Vitamin B5: 0.14mg (1.44%), Vitamin A: 50.74IU (1.01%)