



Hot Dog Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups water
- 2 tablespoons butter
- 0.5 teaspoon salt
- 0.3 cup milk
- 1 cup potatoes mashed
- 0.3 cup pickle relish sweet
- 2 tablespoons salad dressing
- 1 tablespoon onion instant minced

- 2 teaspoons mustard yellow
- 4 hot dogs

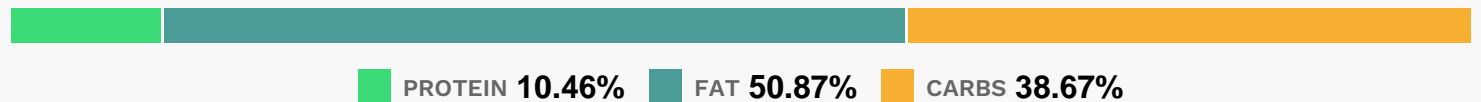
Equipment

- sauce pan
- oven

Directions

- Heat oven to 350°F. In 2-quart saucepan, heat water, butter and salt to boiling.
- Remove from heat. Stir in milk and dry potatoes just until moistened.
- Let stand about 30 seconds or until liquid is absorbed; whip with fork until fluffy. Stir in relish, mayonnaise, onion and mustard.
- Spread in ungreased 1-quart casserole.
- Cut each hot dog lengthwise in half, then crosswise in half. Arrange hot dog pieces around edge of mashed potatoes.
- Bake uncovered 25 to 30 minutes or until center is hot.

Nutrition Facts



Properties

Glycemic Index:52.19, Glycemic Load:9.45, Inflammation Score:-5, Nutrition Score:8.39000006344401%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 253.34kcal (12.67%), Fat: 14.65g (22.53%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 23.58g (8.57%), Sugar: 6.74g (7.49%), Cholesterol: 22.69mg (7.56%), Sodium: 900.61mg (39.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Selenium: 13.47µg (19.25%), Vitamin K: 17.86µg (17.01%), Vitamin C: 10.78mg (13.06%), Vitamin B3: 2.31mg (11.56%), Vitamin B1: 0.17mg (11.29%), Vitamin B2: 0.18mg (10.64%), Phosphorus: 103.24mg (10.32%), Vitamin B6: 0.2mg (10.1%), Potassium: 337.33mg (9.64%),

Vitamin A: 475.23IU (9.5%), Iron: 1.67mg (9.28%), Zinc: 1.2mg (8%), Folate: 31.32µg (7.83%), Manganese: 0.14mg (7.09%), Copper: 0.12mg (6.1%), Magnesium: 23.94mg (5.98%), Fiber: 1.47g (5.89%), Vitamin B12: 0.35µg (5.85%), Calcium: 50.28mg (5.03%), Vitamin B5: 0.48mg (4.83%), Vitamin E: 0.48mg (3.23%), Vitamin D: 0.22µg (1.49%)