



Fountain Dogs

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon thick cut (recommended: Oscar Mayer)
- ☐ 4 all-beef hot dog hearty (recommended: Ball Park)
- ☐ 4 servings hot dog buns
- ☐ 4 servings catsup
- ☐ 4 servings nacho rings (recommended: Embassa)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings relish sweet (recommended: Vlasic)
- ☐ 4 servings sauerkraut (recommended: Claussen)

- ☐ 1 onion white sliced in rings
- ☐ 4 servings mustard yellow

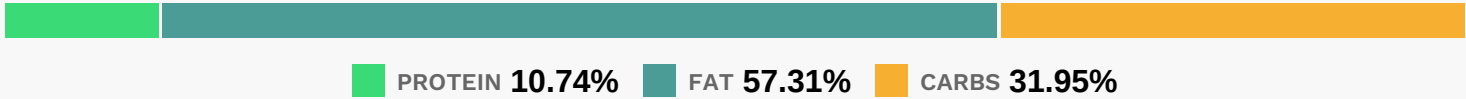
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- ☐ Cook bacon slices in a microwave oven for about 1 minute, or pan fry until the edges begin to curl but the bacon is still flexible.
- ☐ Drain well.
- ☐ Wrap each frank in a slice of bacon, securing the ends with toothpicks; set aside.
- ☐ Toss onion slices with olive oil. Grill bacon-wrapped franks and onion slices on hot oiled grill, for 4 to 5 minutes per side (16 to 20 minutes total). Turn onions everytime you turn franks.
- ☐ Serve hot on toasted buns with lots of condiments.
- ☐ INDOOR: Prepare dogs as directed. Preheat broiler.
- ☐ Place dogs on wire rack over foil-lined baking sheet or broiler pan.
- ☐ Place under broiler 4 to 6 inches from heat source and cook 3 to 4 minutes per side or until bacon is crispy.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:13.31, Inflammation Score:-4, Nutrition Score:13.579565317734%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 609.24kcal (30.46%), Fat: 39.08g (60.12%), Saturated Fat: 12.05g (75.3%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 45.97g (16.71%), Sugar: 8.48g (9.42%), Cholesterol: 48.96mg (16.32%), Sodium: 1211.1mg (52.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.97%), Selenium: 27.15µg (38.79%), Vitamin B1: 0.41mg (27.27%), Vitamin B3: 4.77mg (23.86%), Phosphorus: 238.64mg (23.86%), Vitamin B12: 1µg (16.64%), Manganese: 0.32mg (16.04%), Iron: 2.87mg (15.95%), Vitamin B2: 0.26mg (15.07%), Zinc: 2.22mg (14.77%), Vitamin E: 2.01mg (13.37%), Vitamin B6: 0.27mg (13.33%), Folate: 53.19µg (13.3%), Magnesium: 50.88mg (12.72%), Fiber: 3.05g (12.19%), Calcium: 109.29mg (10.93%), Vitamin K: 10.76µg (10.25%), Potassium: 324.9mg (9.28%), Copper: 0.18mg (9.03%), Vitamin B5: 0.69mg (6.87%), Vitamin C: 3.38mg (4.1%), Vitamin D: 0.41µg (2.76%), Vitamin A: 97.49IU (1.95%)