



## Franks with Broccoli Slaw

READY IN



14 min.

SERVINGS



14

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz oscar mayer selects uncured angus bun-length beef franks
- 2 cups broccoli slaw
- 8 hot dog buns
- 0.3 cup miracle whip dressing
- 0.3 cup onions red chopped

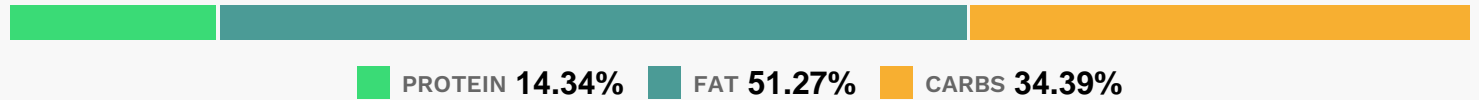
### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Grill franks 7 to 9 min. or until heated through, turning occasionally.
- Meanwhile, combine slaw, onions and dressing.
- Place franks in buns; top with slaw mixture.

## Nutrition Facts



## Properties

Glycemic Index:6.36, Glycemic Load:7.33, Inflammation Score:-2, Nutrition Score:5.823913058509%

## Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 169.95kcal (8.5%), Fat: 9.71g (14.94%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 14.08g (5.12%), Sugar: 2.81g (3.12%), Cholesterol: 16.29mg (5.43%), Sodium: 450.91mg (19.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin C: 15.57mg (18.88%), Selenium: 10.36µg (14.81%), Vitamin B1: 0.15mg (10.22%), Folate: 36.53µg (9.13%), Manganese: 0.18mg (9.03%), Vitamin B3: 1.77mg (8.86%), Vitamin B12: 0.51µg (8.51%), Phosphorus: 75.93mg (7.59%), Iron: 1.37mg (7.59%), Vitamin B2: 0.12mg (7.09%), Zinc: 0.87mg (5.78%), Calcium: 46.49mg (4.65%), Copper: 0.07mg (3.73%), Potassium: 125.35mg (3.58%), Magnesium: 13.59mg (3.4%), Vitamin B6: 0.06mg (3.24%), Fiber: 0.57g (2.29%), Vitamin B5: 0.15mg (1.52%), Vitamin A: 68.01IU (1.36%), Vitamin D: 0.17µg (1.13%), Vitamin K: 1.18µg (1.12%)