



## Fried Bacon Wrapped Hot Dog

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices bacon
- 8 hot dog buns split toasted
- 8 hot dogs
- 8 servings oil for frying

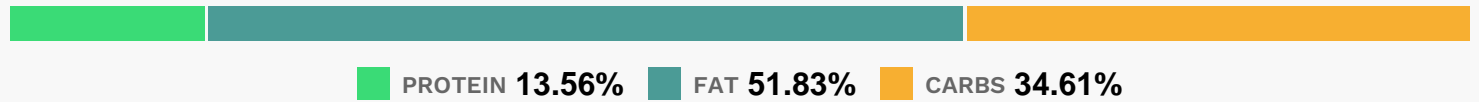
### Equipment

- paper towels
- sauce pan
- toothpicks

## Directions

- Wrap each hot dog with a strip of bacon; secure with a toothpick. Refrigerate wrapped hot dogs while heating oil.
- Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Fry hot dogs in batches in the preheated oil until bacon is crispy and browned, 2 to 5 minutes.
- Drain on a paper towel-lined plate.
- Serve hot dogs in toasted buns.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:15.05, Inflammation Score:-2, Nutrition Score:9.563043396758%

## Nutrients (% of daily need)

Calories: 346.22kcal (17.31%), Fat: 19.87g (30.57%), Saturated Fat: 5.83g (36.47%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 29.09g (10.58%), Sugar: 3.09g (3.44%), Cholesterol: 34.77mg (11.59%), Sodium: 663.39mg (28.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.4%), Selenium: 27.91µg (39.87%), Vitamin B1: 0.4mg (26.63%), Vitamin B3: 4.34mg (21.68%), Vitamin B2: 0.27mg (15.88%), Folate: 62µg (15.5%), Iron: 2.61mg (14.5%), Manganese: 0.28mg (13.96%), Phosphorus: 119.15mg (11.92%), Zinc: 1.48mg (9.86%), Calcium: 73.1mg (7.31%), Vitamin B12: 0.43µg (7.15%), Vitamin B6: 0.11mg (5.39%), Vitamin E: 0.7mg (4.66%), Potassium: 161.11mg (4.6%), Magnesium: 18.26mg (4.57%), Copper: 0.09mg (4.53%), Vitamin K: 4.04µg (3.84%), Vitamin B5: 0.36mg (3.56%), Fiber: 0.76g (3.06%)