



## Fried Hot Dogs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 hamburger buns toasted
- 4 hot dogs
- 4 lettuce leaves
- 0.3 cup mayonnaise
- 0.3 cup mustard
- 4 slices onion
- 4 slices tomatoes

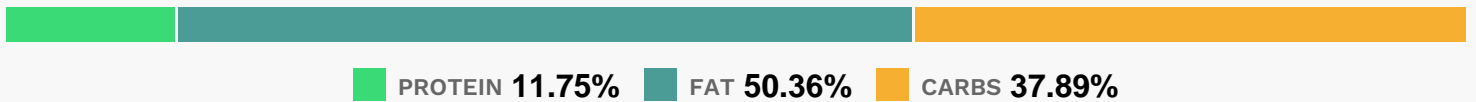
## Equipment

- frying pan
- paper towels

## Directions

- Cut a slit lengthwise through each hot dog, cutting to, but not through, other side.
- Place hot dogs, flat sides down, in a skillet, and cook 2 minutes on each side or until browned.
- Drain hot dogs on paper towels.
- Stir together mayonnaise and mustard; spread evenly on hamburger bun halves.
- Place 1 hot dog on bottom half of each bun; top each evenly with tomato, onion, lettuce, and remaining bun halves.

## Nutrition Facts



## Properties

Glycemic Index:59.25, Glycemic Load:15.58, Inflammation Score:-8, Nutrition Score:13.301739005939%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

## Nutrients (% of daily need)

Calories: 345.19kcal (17.26%), Fat: 19.37g (29.81%), Saturated Fat: 4.39g (27.45%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 30.86g (11.22%), Sugar: 4.29g (4.77%), Cholesterol: 26.13mg (8.71%), Sodium: 787.64mg (34.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Selenium: 29.45µg (42.07%), Vitamin A: 1806.15IU (36.12%), Vitamin B1: 0.4mg (26.87%), Vitamin K: 25.25µg (24.05%), Manganese: 0.44mg (21.84%), Folate: 76.19µg (19.05%), Vitamin B3: 3.68mg (18.38%), Vitamin B2: 0.29mg (17.33%), Iron: 3.06mg (17.01%), Phosphorus: 118.99mg (11.9%), Calcium: 95.6mg (9.56%), Zinc: 1.42mg (9.45%), Fiber: 1.93g (7.73%), Vitamin C: 6.16mg (7.47%), Magnesium: 27.98mg (6.99%), Potassium: 213.67mg (6.1%), Vitamin B12: 0.34µg (5.61%), Vitamin B6: 0.1mg (5.15%), Copper: 0.1mg (5.11%), Vitamin E: 0.71mg (4.73%), Vitamin B5: 0.32mg (3.23%)