



Funny Face Franks

READY IN



13 min.

SERVINGS



1

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 carrots
- 0.3 cup lettuce shredded
- 1 milk singles 2% kraft
- 2 slices olive black
- 1 small tomato wedge
- 2 slices bread white
- 1 oscar mayer wieners fat free 98%

Equipment

- baking sheet
- oven
- toothpicks

Directions

- Heat oven to 400F.
- Fill bread slices with 2% Milk Singles. Trim crusts, rounding off corners to make circular sandwich. Spray both sides of sandwich with cooking spray; place on baking sheet.
- Wrap wiener halves, cut-sides in, around edge of sandwich. Secure with wooden toothpicks.
- Bake 8 min. or until golden brown, turning after 4 min.
- Place on serving plate. Discard toothpicks. Decorate sandwich with remaining ingredients to resemble a face.

Nutrition Facts



PROTEIN 14.84% **FAT 27.61%** **CARBS 57.55%**

Properties

Glycemic Index:219.61, Glycemic Load:22.82, Inflammation Score:-10, Nutrition Score:19.254347853039%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 293.46kcal (14.67%), Fat: 9.15g (14.08%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 38.69g (14.07%), Sugar: 8.37g (9.3%), Cholesterol: 20.33mg (6.78%), Sodium: 626.41mg (27.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Vitamin A: 11048.43IU (220.97%), Selenium: 23.65µg (33.78%), Vitamin B1: 0.44mg (29.57%), Manganese: 0.55mg (27.57%), Folate: 108.12µg (27.03%), Vitamin B3: 5.22mg (26.11%), Vitamin C: 16.62mg (20.14%), Vitamin K: 19.71µg (18.77%), Iron: 3.25mg (18.08%), Vitamin B2: 0.31mg (17.95%), Fiber: 4.23g (16.93%), Potassium: 562.69mg (16.08%), Calcium: 151.01mg (15.1%), Phosphorus: 148.84mg (14.88%), Vitamin B6: 0.23mg (11.7%), Zinc: 1.68mg (11.22%), Magnesium: 38.27mg (9.57%), Copper: 0.19mg (9.26%), Vitamin B5: 0.77mg (7.7%), Vitamin E: 1.11mg (7.42%), Vitamin B12: 0.24µg (3.99%)