



Game Time Chili Dogs

READY IN



85 min.

SERVINGS



8

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 to 2 bell peppers diced
- 15 ounce pinto beans canned
- 15.5 ounce kidney beans red canned
- 2 stalks celery diced
- 2 tablespoons chili powder
- 3 cloves garlic minced
- 1 pound ground chicken
- 1 teaspoon ground cumin
- 8 hot dogs (Bobby likes the ones from The Meat Hook in NYC, but any hot dogs will work)

- 1 jalapeño diced seeded
- 1 tablespoon olive oil
- 1 medium onion diced
- 29 ounce canned tomatoes diced cut canned
- 8 servings nonfat yogurt plain greek-style for garnish, optional
- 0.3 teaspoon salt
- 0.5 cup scallions chopped
- 0.3 cup cheddar shredded
- 8 hot dog buns whole wheat

Equipment

- sauce pan
- pot

Directions

- Watch how to make this recipe.
- Heat the oil in large nonstick saucepan over medium-high heat.
- Add the garlic, celery, bell peppers, jalapeno, onions, chili powder, cumin and salt. Cook, stirring occasionally, until the vegetables are tender, about 8 minutes.
- Add the tomatoes and beans and bring to a boil.
- Add the ground chicken. Reduce the heat and simmer, covered, stirring occasionally, until the flavors are blended and the chili begin to thicken, about 1 hour.
- Bring a pot of water to a low boil.
- Add the dogs and cook for 10 minutes.
- Remove from the heat and place each hot dog in a bun. Top with a generous serving of the chili.
- Garnish with the cheese and scallions and an optional dollop of Greek yogurt.

Nutrition Facts



■ PROTEIN 22.24% ■ FAT 32.75% ■ CARBS 45.01%

Properties

Glycemic Index:47.5, Glycemic Load:10.44, Inflammation Score:-9, Nutrition Score:29.650869478998%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 476.93kcal (23.85%), Fat: 18g (27.69%), Saturated Fat: 5.38g (33.64%), Carbohydrates: 55.65g (18.55%), Net Carbohydrates: 45.07g (16.39%), Sugar: 10.54g (11.72%), Cholesterol: 72.56mg (24.19%), Sodium: 1095.37mg (47.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.5g (55%), Manganese: 1.12mg (55.87%), Selenium: 34.23µg (48.9%), Vitamin B3: 8.91mg (44.54%), Fiber: 10.59g (42.35%), Vitamin C: 34.32mg (41.6%), Phosphorus: 377.07mg (37.71%), Iron: 6.77mg (37.6%), Vitamin B1: 0.56mg (37.36%), Vitamin B6: 0.73mg (36.38%), Potassium: 1172.63mg (33.5%), Vitamin B2: 0.56mg (32.95%), Folate: 129.2µg (32.3%), Vitamin K: 30.85µg (29.38%), Vitamin A: 1444.77IU (28.9%), Copper: 0.56mg (28.15%), Magnesium: 102.12mg (25.53%), Zinc: 3.46mg (23.04%), Vitamin E: 3.19mg (21.29%), Calcium: 181.33mg (18.13%), Vitamin B5: 1.64mg (16.36%), Vitamin B12: 0.6µg (9.99%)