



## Garden Patch Franks

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

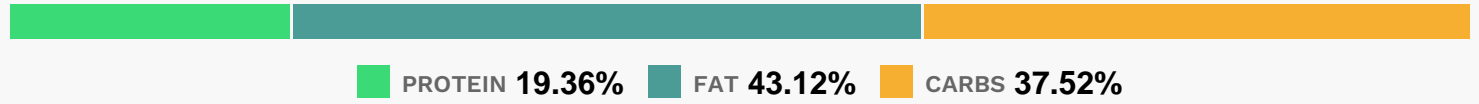
- 0.3 cup cucumbers chopped
- 2 green onions sliced
- 8 hot dog sandwich rolls whole wheat
- 16 oz oscar mayer selects uncured hardwood turkey franks smoked
- 3 radishes sliced
- 0.5 cup lite ranch dressing kraft
- 1 small tomatoes chopped

## Equipment

## Directions

- Heat franks as directed on package.
- Combine next 4 ingredients.
- Place franks in rolls; top with tomato mixture and dressing.

## Nutrition Facts



## Properties

Glycemic Index:22.38, Glycemic Load:12.91, Inflammation Score:-2, Nutrition Score:7.139565176614%

## Flavonoids

Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 277.54kcal (13.88%), Fat: 13.48g (20.73%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 25.35g (9.22%), Sugar: 5.39g (5.98%), Cholesterol: 43.59mg (14.53%), Sodium: 891.13mg (38.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Vitamin K: 29.57µg (28.16%), Selenium: 12.12µg (17.31%), Vitamin B1: 0.24mg (16.02%), Manganese: 0.26mg (13.16%), Iron: 2.16mg (11.99%), Folate: 45.13µg (11.28%), Vitamin B3: 1.87mg (9.37%), Calcium: 92.33mg (9.23%), Vitamin B2: 0.15mg (8.56%), Phosphorus: 75.84mg (7.58%), Fiber: 1.03g (4.13%), Vitamin C: 3.03mg (3.67%), Vitamin E: 0.53mg (3.51%), Magnesium: 13.02mg (3.26%), Copper: 0.06mg (3.1%), Potassium: 105.84mg (3.02%), Vitamin A: 133.89IU (2.68%), Zinc: 0.38mg (2.52%), Vitamin B6: 0.05mg (2.27%), Vitamin B12: 0.11µg (1.84%), Vitamin B5: 0.14mg (1.45%)