



Grilled Beef Franks with Sweet Peppers & Onions

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz oscar mayer hardwood seasoned beef franks smoked
- ☐ 6 hot dog buns
- ☐ 1 small onion sliced
- ☐ 1 bell pepper green red cut into strips
- ☐ 0.3 cup vinaigrette dressing italian kraft

Equipment

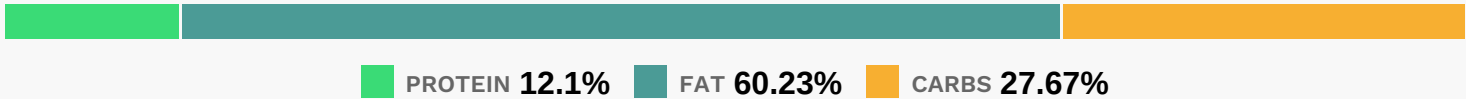
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat grill to medium heat.
- ☐ Place peppers and onions in center of large sheet of heavy-duty foil; drizzle with dressing. Fold to make packet.
- ☐ Grill 15 min. or until vegetables are crisp-tender, adding franks to the grill after 6 min. and cooking until franks are heated through, turning packet and franks occasionally.
- ☐ Cut slits in foil to release steam before carefully opening packet.
- ☐ Place franks in buns; top with vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:13.03, Inflammation Score:-3, Nutrition Score:10.025217445%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 359.39kcal (17.97%), Fat: 24.08g (37.05%), Saturated Fat: 8.39g (52.42%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 23.59g (8.58%), Sugar: 5.23g (5.81%), Cholesterol: 31.75mg (10.58%), Sodium: 792.28mg (34.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.77%), Selenium: 18.31µg (26.15%), Vitamin C: 17.36mg (21.04%), Vitamin B1: 0.27mg (17.78%), Vitamin B12: 1.01µg (16.82%), Vitamin B3: 3.18mg (15.92%), Manganese: 0.29mg (14.28%), Vitamin K: 13.85µg (13.19%), Phosphorus: 129.65mg (12.97%), Iron: 2.31mg (12.83%), Folate: 47.55µg (11.89%), Vitamin B2: 0.19mg (11.27%), Zinc: 1.6mg (10.65%), Copper: 0.14mg (7.17%), Calcium: 71.54mg (7.15%), Vitamin B6: 0.13mg (6.3%), Fiber: 1.3g (5.2%), Potassium: 178.13mg (5.09%), Magnesium: 20.3mg (5.07%), Vitamin E: 0.67mg (4.47%), Vitamin D: 0.34µg (2.27%), Vitamin B5: 0.16mg (1.59%), Vitamin A: 74.04IU (1.48%)