



Grilled Foot-Long Coney Dogs

READY IN



30 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 15 oz chili with beans canned
- ☐ 6 hotdog buns split
- ☐ 6 hot dogs (each 12 inches)
- ☐ 1 cup onion chopped
- ☐ 3 oz cheddar cheese shredded

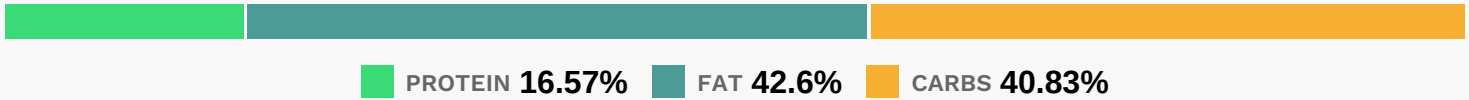
Equipment

- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In each hot dog, make crosswise diagonal cuts 1/2 inch apart and 1/4 inch deep.
- ☐ Carefully brush grill rack with vegetable oil.
- ☐ Place hot dogs on grill rack over medium heat. Grill uncovered 15 to 20 minutes, turning frequently and brushing occasionally with butter, until hot dogs are hot and slashes begin to open.
- ☐ Remove label and top from can of chili.
- ☐ Add opened can of chili to grill for last 10 minutes of grilling, stirring occasionally, until hot.
- ☐ Serve hot dogs on buns with chili, cheese and onion.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:15.69, Inflammation Score:-6, Nutrition Score:15.363478300364%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 394.38kcal (19.72%), Fat: 18.96g (29.16%), Saturated Fat: 7.49g (46.83%), Carbohydrates: 40.87g (13.62%), Net Carbohydrates: 36.53g (13.29%), Sugar: 5.11g (5.68%), Cholesterol: 46.47mg (15.49%), Sodium: 1003.48mg (43.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.17%), Selenium: 28.55µg (40.79%), Iron: 5.03mg (27.94%), Phosphorus: 269.81mg (26.98%), Vitamin B1: 0.39mg (25.96%), Vitamin B2: 0.4mg (23.37%), Folate: 86.37µg (21.59%), Zinc: 3.2mg (21.35%), Calcium: 212.36mg (21.24%), Manganese: 0.41mg (20.38%), Vitamin B3: 3.74mg (18.72%), Fiber: 4.34g (17.35%), Magnesium: 54.08mg (13.52%), Vitamin B5: 1.33mg (13.34%), Potassium: 427.07mg (12.2%), Vitamin A: 465.3IU (9.31%), Vitamin B6: 0.18mg (9.24%), Copper: 0.18mg (8.97%), Vitamin B12: 0.47µg (7.86%), Vitamin C: 3.78mg (4.58%), Vitamin E: 0.67mg (4.45%), Vitamin K: 3.83µg (3.65%)