



Grilled Hot Dog-Cheese Sandwich

READY IN



15 min.

SERVINGS



15

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 singles kraft
- 2 tsp butter soft
- 0.5 tsp heinz mustard yellow
- 1 tsp clausen pickle relish sweet
- 2 slices bread white
- 1 oscar mayer wiener cut into 1/4-inch-thick slices

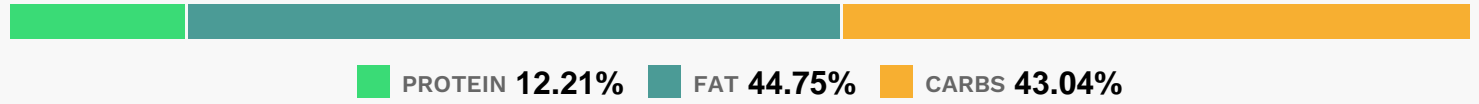
Equipment

- frying pan

Directions

- Spread 1 bread slice with mustard. Fill bread slices with relish, Singles and wieners.
- Spread outside of sandwich with margarine.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:8.99, Glycemic Load:1.32, Inflammation Score:-1, Nutrition Score:0.66347825308533%

Nutrients (% of daily need)

Calories: 21.55kcal (1.08%), Fat: 1.08g (1.66%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.24g (0.82%), Sugar: 0.28g (0.31%), Cholesterol: 1.36mg (0.45%), Sodium: 47.73mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Selenium: 1.63µg (2.32%), Vitamin B1: 0.02mg (1.63%), Vitamin B3: 0.27mg (1.36%), Folate: 5.19µg (1.3%), Manganese: 0.02mg (1.16%), Iron: 0.19mg (1.05%)