



Healthy Chili-Cheese Dogs

READY IN



25 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz beans red drained and rinsed canned
- 8 oz tomato sauce canned
- 2 teaspoons chili powder
- 1 clove garlic finely chopped
- 8 hotdog buns whole-wheat toasted
- 8 hot dogs
- 0.5 cup cheddar cheese shredded low-fat
- 1 small onion finely chopped
- 8 servings salt

2 tablespoons vegetable oil

Equipment

frying pan

pot

Directions

Warm oil in a medium skillet over medium heat.

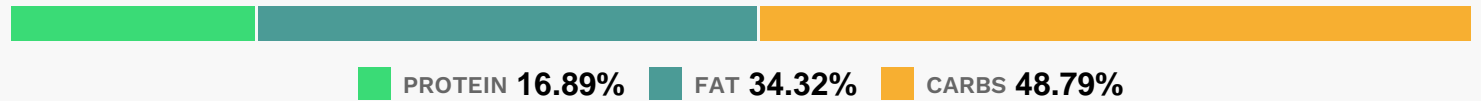
Add onion and cook, stirring, until softened, about 3 minutes. Stir in garlic and chili powder and saut 30 seconds. Stir in tomato sauce and beans and bring to a simmer. Reduce heat to medium-low and simmer until sauce has thickened, about 10 minutes. Season with salt, if desired.

Bring a large pot of water to boil.

Add hot dogs and boil 5 minutes.

Drain well, place on buns, top with chili and cheese, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:18.38, Inflammation Score:-5, Nutrition Score:13.263913208538%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg 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: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 327.33kcal (16.37%), Fat: 12.59g (19.37%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 35.95g (13.07%), Sugar: 5.53g (6.15%), Cholesterol: 21.73mg (7.24%), Sodium: 1033.83mg (44.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.89%), Selenium: 25.46µg (36.38%), Vitamin B1: 0.41mg (27.25%), Manganese: 0.49mg (24.44%), Vitamin B3: 4.07mg (20.34%), Folate: 80.96µg (20.24%), Iron: 3.6mg (20%), Vitamin B2: 0.33mg (19.37%), Phosphorus: 190.27mg (19.03%), Fiber: 4.34g (17.35%), Calcium: 125.15mg (12.52%), Zinc: 1.78mg (11.87%), Vitamin K: 11.88µg (11.31%), Potassium: 368.68mg (10.53%), Copper: 0.2mg

(10.17%), Magnesium: 38.67mg (9.67%), Vitamin B6: 0.15mg (7.42%), Vitamin E: 1.01mg (6.72%), Vitamin B12: 0.35µg (5.89%), Vitamin A: 286.26IU (5.73%), Vitamin C: 3.78mg (4.58%), Vitamin B5: 0.42mg (4.21%)