



Hearty Hot Dog Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



235 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 1 pinch ground pepper black
- ☐ 1 tablespoon onion powder
- ☐ 1 cup processed american cheese shredded
- ☐ 1 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 2 cups water

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15 ounce kernel corn whole drained canned

Equipment

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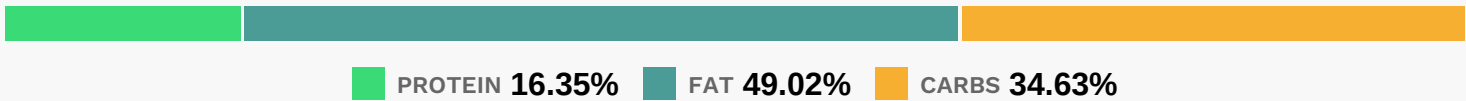
sauce pan

Directions

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In a large saucepan combine frankfurters, corn, tomato paste, chili powder, cayenne, onion powder, salt, pepper, water and cheese. Cook over medium heat until frankfurters plump and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:10.766521738923%

Nutrients (% of daily need)

Calories: 235.39kcal (11.77%), Fat: 13.16g (20.24%), Saturated Fat: 6.64g (41.5%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 19g (6.91%), Sugar: 2.97g (3.3%), Cholesterol: 35mg (11.67%), Sodium: 1435.79mg (62.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.75%), Calcium: 400.41mg (40.04%), Phosphorus: 294.68mg (29.47%), Vitamin A: 1223.36IU (24.47%), Vitamin E: 1.73mg (11.52%), Selenium: 8.03µg (11.47%), Manganese: 0.22mg (11.16%), Folate: 41.37µg (10.34%), Potassium: 360.88mg (10.31%), Zinc: 1.47mg (9.78%), Magnesium: 36.26mg (9.06%), Copper: 0.18mg (8.94%), Vitamin B12: 0.52µg (8.75%), Vitamin B2: 0.14mg (8.52%), Vitamin B3: 1.66mg (8.28%), Iron: 1.47mg (8.15%), Vitamin C: 6.53mg (7.91%), Fiber: 1.91g (7.65%), Vitamin B6: 0.15mg (7.47%), Vitamin K: 5.79µg (5.52%), Vitamin B1: 0.07mg (4.52%), Vitamin B5: 0.29mg (2.9%), Vitamin D: 0.21µg (1.4%)