



Hot Dog and Potato Dinner

 Gluten Free

READY IN



39 min.

SERVINGS



5

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 hot dogs cut into 1-inch pieces
- 0.7 cup milk
- 0.5 cup peas sweet frozen canned
- 4.7 oz potatoes
- 2 ounces cheddar cheese shredded
- 2.3 cups water hot

Equipment

- frying pan

Directions

- Stir together Potatoes, Sauce
- Mix, hot water and milk in 10-inch skillet; stir in frozen peas until separated.
- Heat to boiling; reduce heat. Cover and simmer 25 minutes, stirring occasionally, until potatoes are tender.
- Stir in hot dogs; cover and heat 3 to 4 minutes or just until hot dogs are hot.
- Sprinkle cheese over mixture. Cover; let stand about 5 minutes or until cheese is melted.

Nutrition Facts

PROTEIN 18.13% **FAT 49.69%** **CARBS 32.18%**

Properties

Glycemic Index:35.35, Glycemic Load:6.84, Inflammation Score:-5, Nutrition Score:9.3947825950125%

Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 234.07kcal (11.7%), Fat: 13.05g (20.08%), Saturated Fat: 5.63g (35.16%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 17.61g (6.4%), Sugar: 2.6g (2.89%), Cholesterol: 39.54mg (13.18%), Sodium: 508.88mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Selenium: 18.54µg (26.49%), Phosphorus: 169.07mg (16.91%), Vitamin B2: 0.26mg (15.33%), Calcium: 144.62mg (14.46%), Vitamin B3: 2.58mg (12.88%), Vitamin B1: 0.19mg (12.77%), Zinc: 1.91mg (12.71%), Vitamin A: 546.05IU (10.92%), Iron: 1.82mg (10.11%), Folate: 39.06µg (9.76%), Vitamin B12: 0.58µg (9.61%), Vitamin C: 7.24mg (8.77%), Potassium: 274.85mg (7.85%), Vitamin B6: 0.15mg (7.47%), Manganese: 0.15mg (7.29%), Magnesium: 25.93mg (6.48%), Copper: 0.12mg (5.86%), Vitamin K: 6.01µg (5.72%), Fiber: 1.4g (5.62%), Vitamin B5: 0.55mg (5.5%), Vitamin D: 0.43µg (2.84%)