



WHATSheATE

Hot Dog Casserole



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



30 ounce cut green beans with liquid canned



16 hot dogs cut into 1/4-inch slices



2 cups mozzarella cheese shredded



29 ounce stewed tomatoes with juice canned

Equipment



oven



casserole dish

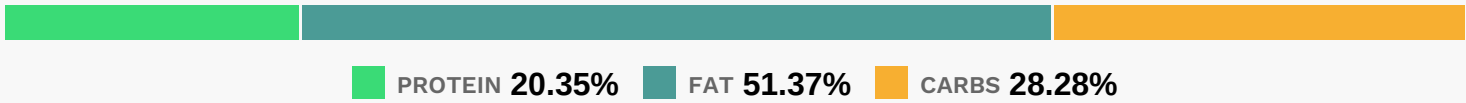


broiler

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). In a 2-quart casserole dish, stir together the sliced hot dogs, green beans and their liquid, and stewed tomatoes with their juice.
- ☐ Bake in the preheated oven until the juice is thickened, about 45 minutes.
- ☐ Remove from oven, stir again, and sprinkle the casserole with mozzarella cheese.
- ☐ Heat the broiler of the oven, and place the casserole under the broiler until the cheese is melted, bubbling, and starting to brown, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:9.19, Inflammation Score:-9, Nutrition Score:22.367391358251%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 452.34kcal (22.62%), Fat: 26.46g (40.71%), Saturated Fat: 11.24g (70.23%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 28.95g (10.53%), Sugar: 5.01g (5.56%), Cholesterol: 83.49mg (27.83%), Sodium: 1063.38mg (46.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.18%), Vitamin K: 61.81µg (58.87%), Selenium: 39µg (55.71%), Vitamin B2: 0.59mg (34.65%), Phosphorus: 304.82mg (30.48%), Vitamin B3: 5.54mg (27.72%), Vitamin B1: 0.42mg (27.7%), Folate: 108.19µg (27.05%), Calcium: 269.78mg (26.98%), Zinc: 3.85mg (25.7%), Iron: 4.46mg (24.76%), Vitamin A: 1230.43IU (24.61%), Vitamin B12: 1.48µg (24.59%), Manganese: 0.43mg (21.45%), Vitamin C: 17.41mg (21.11%), Fiber: 3.83g (15.31%), Magnesium: 58.5mg (14.63%), Potassium: 502.66mg (14.36%), Vitamin B6: 0.27mg (13.68%), Vitamin B5: 1mg (9.96%), Copper: 0.2mg (9.78%), Vitamin E: 0.65mg (4.35%)