

Hot Dog Creole

 Gluten Free  Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large bell peppers chopped
- 28 ounce canned tomatoes canned
- 16 ounce hot dogs cut into 1/2-inch pieces
- 1 large onion chopped
- 1 teaspoon oregano dried
- 4 servings salt and pepper to taste
- 1 tablespoon vegetable oil

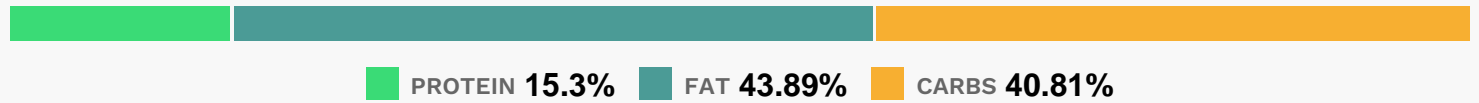
Equipment

frying pan

Directions

- Heat oil in large skillet over medium-high heat. Cook the onions and peppers in the oil until tender crisp, about 3 minutes.
- Stir in hot dogs, and cook until lightly browned, about 3 minutes. Stir in the tomatoes, and season with oregano, salt, and pepper; cook for 3 to 5 minutes, or until hot dogs are heated through.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:11.72, Inflammation Score:-10, Nutrition Score:28.523043632507%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 411.3kcal (20.56%), Fat: 21.09g (32.44%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 44.12g (14.71%), Net Carbohydrates: 37.78g (13.74%), Sugar: 13.79g (15.32%), Cholesterol: 51.03mg (17.01%), Sodium: 1236.29mg (53.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.09%), Vitamin C: 126.12mg (152.87%), Vitamin A: 3003.34IU (60.07%), Selenium: 31.53µg (45.05%), Vitamin B3: 7.51mg (37.56%), Iron: 5.87mg (32.63%), Vitamin B1: 0.48mg (32.23%), Vitamin B6: 0.64mg (32.16%), Folate: 127.39µg (31.85%), Manganese: 0.63mg (31.71%), Vitamin B2: 0.5mg (29.6%), Potassium: 981.12mg (28.03%), Vitamin E: 4.15mg (27.69%), Fiber: 6.34g (25.37%), Copper: 0.48mg (24.17%), Vitamin K: 24.05µg (22.9%), Phosphorus: 208.7mg (20.87%), Zinc: 3.11mg (20.73%), Magnesium: 69.38mg (17.34%), Vitamin B5: 1.45mg (14.52%), Calcium: 117.16mg (11.72%), Vitamin B12: 0.59µg (9.83%)