



Hot Dog Men

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices processed cheese food
- 8 slices bread
- 8 hot dogs
- 8 servings mustard to taste

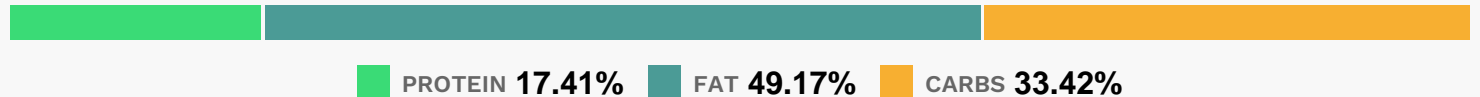
Equipment

- sauce pan

Directions

- Make a slit down the middle of one end of each hot dog; this will be the legs. At the other end, make a small slit each side; these will be the arms. Bring a saucepan of water to a boil, and add the hot dogs. Boil for about 5 minutes until the slits open up.
- Place slices of cheese onto slices of bread. Set the hot dog men on top. Use ketchup and mustard to make a face, hair and clothes or buttons.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:9.69, Inflammation Score:-3, Nutrition Score:10.269565269999%

Nutrients (% of daily need)

Calories: 268.83kcal (13.44%), Fat: 14.79g (22.76%), Saturated Fat: 6.35g (39.66%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 21.29g (7.74%), Sugar: 2.15g (2.39%), Cholesterol: 41.25mg (13.75%), Sodium: 846.15mg (36.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.57%), Selenium: 25.93µg (37.04%), Calcium: 268.4mg (26.84%), Phosphorus: 220.68mg (22.07%), Manganese: 0.41mg (20.25%), Vitamin B3: 3.28mg (16.42%), Vitamin B1: 0.24mg (15.71%), Vitamin B2: 0.25mg (14.65%), Iron: 2.28mg (12.68%), Folate: 47.88µg (11.97%), Zinc: 1.76mg (11.7%), Vitamin B12: 0.55µg (9.15%), Magnesium: 25.19mg (6.3%), Vitamin B5: 0.56mg (5.63%), Fiber: 1.34g (5.34%), Copper: 0.09mg (4.49%), Vitamin A: 202.56IU (4.05%), Potassium: 140.4mg (4.01%), Vitamin B6: 0.07mg (3.42%), Vitamin K: 1.99µg (1.9%), Vitamin E: 0.24mg (1.59%)