



Hot Dog of a Pizza

READY IN



20 min.

SERVINGS



2

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup mozzarella cheese shredded kraft
- 1 tomatoes cut into 4 slices
- 2 Tbsp heinz tomato ketchup
- 2 grain muffins whole split english toasted
- 2 oscar mayer wieners

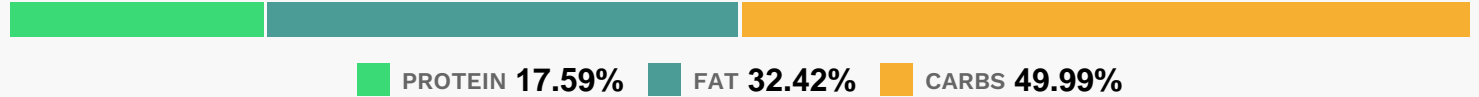
Equipment

- oven

Directions

- Heat oven to 400F.
- Cut wieners lengthwise, then crosswise in half.
- Spread muffin halves with ketchup; top with tomatoes, wieners and cheese.
- Bake 8 to 10 min. or until wieners are heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:3.03, Inflammation Score:-7, Nutrition Score:16.747826063115%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 297.1kcal (14.85%), Fat: 11.14g (17.14%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 34.06g (12.38%), Sugar: 9.99g (11.1%), Cholesterol: 31.31mg (10.44%), Sodium: 760.33mg (33.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Manganese: 1.15mg (57.66%), Selenium: 37.4µg (53.42%), Phosphorus: 274.03mg (27.4%), Calcium: 241.25mg (24.13%), Vitamin B3: 4.24mg (21.2%), Vitamin B1: 0.31mg (20.52%), Fiber: 4.61g (18.43%), Vitamin B2: 0.29mg (16.78%), Zinc: 2.36mg (15.76%), Folate: 61.72µg (15.43%), Iron: 2.75mg (15.25%), Magnesium: 58.1mg (14.52%), Vitamin A: 696.99IU (13.94%), Potassium: 389.57mg (11.13%), Vitamin C: 9.17mg (11.11%), Copper: 0.21mg (10.41%), Vitamin B6: 0.2mg (9.83%), Vitamin B12: 0.55µg (9.22%), Vitamin B5: 0.71mg (7.13%), Vitamin K: 6.26µg (5.96%), Vitamin E: 0.84mg (5.6%)