



## Hot Dog Wrap OlÃ©

READY IN



15 min.

SERVINGS



8

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 oz oscar mayer selects uncured angus beef franks
- 1 cup lettuce shredded
- 8 milk pepperjack singles 2% kraft
- 1 cup taco bellâ® & chunky salsa thick
- 8 6-inch tortillas whole wheat warmed ()

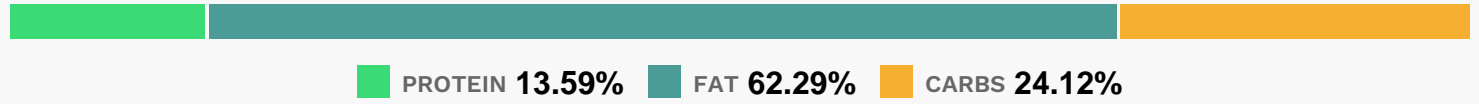
### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Grill franks 7 to 9 min. or until heated through, turning occasionally.
- Top tortillas with 2% Milk Singles, lettuce, franks and salsa; roll up.

## Nutrition Facts



## Properties

Glycemic Index:8.75, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:5.2939130067825%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 271.83kcal (13.59%), Fat: 19g (29.22%), Saturated Fat: 7.67g (47.93%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 14.12g (5.13%), Sugar: 3.53g (3.92%), Cholesterol: 31.87mg (10.62%), Sodium: 957.37mg (41.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.65%), Vitamin B12: 0.93µg (15.49%), Selenium: 6.84µg (9.77%), Fiber: 2.42g (9.7%), Phosphorus: 92.59mg (9.26%), Zinc: 1.32mg (8.83%), Iron: 1.56mg (8.65%), Vitamin B3: 1.68mg (8.38%), Calcium: 63.84mg (6.38%), Copper: 0.1mg (5.14%), Vitamin B6: 0.1mg (5.12%), Potassium: 171.75mg (4.91%), Vitamin B2: 0.07mg (4.16%), Vitamin A: 202.8IU (4.06%), Vitamin K: 3.54µg (3.37%), Magnesium: 13mg (3.25%), Manganese: 0.06mg (2.97%), Vitamin E: 0.41mg (2.75%), Vitamin D: 0.35µg (2.34%), Vitamin B1: 0.03mg (2.33%), Vitamin B5: 0.2mg (2.02%), Folate: 7.31µg (1.83%), Vitamin C: 0.87mg (1.05%)