



## Hot Dogs 'n Beans

READY IN



15 min.

SERVINGS



8

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 oz oscar mayer selects uncured angus bun-length beef franks
- 8 hot dog buns
- 8 singles kraft
- 3 Tbsp heinz mustard yellow
- 0.5 cup onions chopped
- 16 oz pork and beans warmed canned

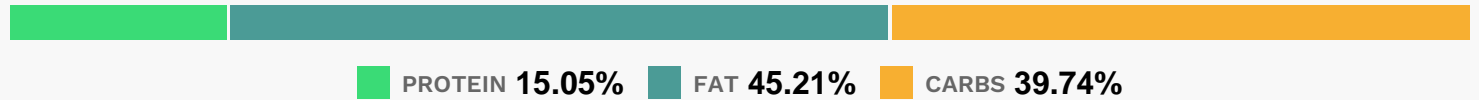
### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Grill franks 7 to 9 min. or until heated through, turning occasionally.
- Fill buns with Singles and franks.
- Top with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:20.46, Glycemic Load:16.46, Inflammation Score:-4, Nutrition Score:11.403913122156%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 349.82kcal (17.49%), Fat: 17.76g (27.33%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 30.84g (11.22%), Sugar: 4.46g (4.95%), Cholesterol: 31.91mg (10.64%), Sodium: 1028.46mg (44.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.6%), Selenium: 21.89µg (31.28%), Manganese: 0.49mg (24.3%), Vitamin B1: 0.29mg (19.53%), Phosphorus: 191.82mg (19.18%), Iron: 3.2mg (17.76%), Fiber: 4.3g (17.19%), Folate: 65.63µg (16.41%), Vitamin B3: 3.21mg (16.05%), Zinc: 2.3mg (15.35%), Vitamin B12: 0.89µg (14.89%), Copper: 0.25mg (12.29%), Vitamin B2: 0.21mg (12.15%), Calcium: 109.18mg (10.92%), Magnesium: 39.2mg (9.8%), Potassium: 316.94mg (9.06%), Vitamin B6: 0.11mg (5.73%), Vitamin C: 2.45mg (2.97%), Vitamin K: 2.16µg (2.06%), Vitamin D: 0.3µg (1.98%), Vitamin B5: 0.19mg (1.95%)