



Hot Dogs with Pizza Topping

READY IN



15 min.

SERVINGS



8

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 free mozzarella singles cut in half kraft
- 8 hot dog buns
- 1 cup classico pizza sauce traditional
- 14 oz oscar mayer wieners fat free 98%

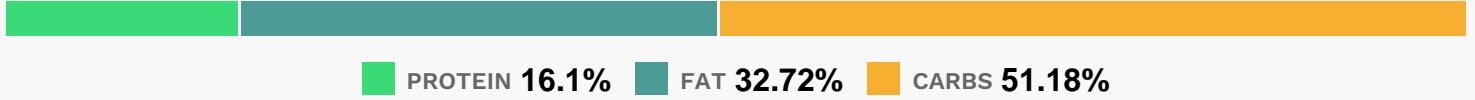
Equipment

- sauce pan

Directions

- Bring pizza sauce to boil in large saucepan on medium-high heat.
- Add wieners; simmer on medium-low heat 4 min. or until heated through, stirring occasionally.
- Fill buns with Singles and wieners.
- Top with sauce.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:15.81, Inflammation Score:-3, Nutrition Score:9.6682609060536%

Nutrients (% of daily need)

Calories: 249.88kcal (12.49%), Fat: 9.12g (14.02%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 30.84g (11.21%), Sugar: 4.2g (4.67%), Cholesterol: 22.51mg (7.5%), Sodium: 701.89mg (30.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.19%), Selenium: 25.08µg (35.83%), Vitamin B1: 0.36mg (23.83%), Vitamin B3: 3.93mg (19.63%), Vitamin B2: 0.29mg (16.94%), Folate: 67.12µg (16.78%), Iron: 2.93mg (16.25%), Manganese: 0.31mg (15.7%), Phosphorus: 106.87mg (10.69%), Zinc: 1.42mg (9.46%), Calcium: 87mg (8.7%), Potassium: 216.3mg (6.18%), Copper: 0.12mg (6.03%), Vitamin B12: 0.35µg (5.87%), Magnesium: 21.15mg (5.29%), Fiber: 1.24g (4.97%), Vitamin B6: 0.08mg (4.12%), Vitamin E: 0.56mg (3.71%), Vitamin B5: 0.35mg (3.53%), Vitamin C: 2.75mg (3.33%), Vitamin K: 2.91µg (2.77%), Vitamin A: 137.84IU (2.76%)