



## Hot Dogs with the Works

READY IN



15 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups pepper jack cheese shredded
- 0.8 cup tomatoes seeded chopped
- 3 tablespoons onion chopped
- 2 tablespoons pickle relish sweet
- 8 hot dogs
- 8 hotdog buns

### Equipment

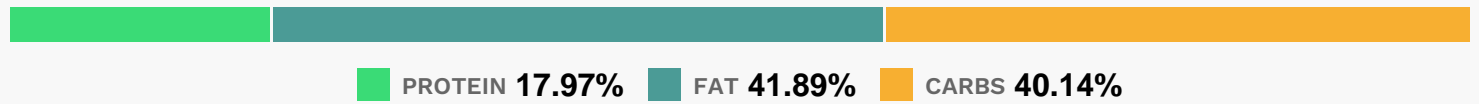
- bowl

- grill
- aluminum foil

## Directions

- In a small bowl, combine the cheese, tomato, onion and relish.
- Place hot dogs in buns; top with cheese mixture.
- Wrap each hot dog in a double thickness of heavy-duty foil (about 12x10 in.). Grill, covered, over medium-hot heat for 8-10 minutes or until heated through. Open foil carefully to allow steam to escape.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:15.3, Inflammation Score:-4, Nutrition Score:11.106956580411%

## Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 317.64kcal (15.88%), Fat: 14.81g (22.78%), Saturated Fat: 6.76g (42.24%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 30.89g (11.23%), Sugar: 4.82g (5.35%), Cholesterol: 39.11mg (13.04%), Sodium: 676.14mg (29.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.58%), Selenium: 26.58µg (37.97%), Vitamin B1: 0.35mg (23.26%), Calcium: 232.43mg (23.24%), Vitamin B2: 0.34mg (19.99%), Phosphorus: 186.51mg (18.65%), Vitamin B3: 3.57mg (17.83%), Folate: 68.66µg (17.16%), Iron: 2.75mg (15.28%), Manganese: 0.3mg (15.03%), Zinc: 1.89mg (12.6%), Vitamin B12: 0.49µg (8.25%), Vitamin K: 6.83µg (6.51%), Vitamin A: 325.47IU (6.51%), Magnesium: 23.44mg (5.86%), Copper: 0.1mg (5.05%), Potassium: 174.23mg (4.98%), Fiber: 1.04g (4.15%), Vitamin B6: 0.08mg (4.11%), Vitamin C: 2.83mg (3.43%), Vitamin B5: 0.3mg (2.96%), Vitamin E: 0.27mg (1.79%)