



Hula Bacon Franks

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 avocado chopped
- 4 slices oscar mayer bacon fully cooked
- 4 oscar mayer bun-length beef franks
- 1 Tbsp cilantro leaves fresh chopped
- 2 tsp honey
- 4 hot dog buns
- 1 Tbsp jalapeño peppers fresh seeded finely chopped
- 8 oz pineapple in juice crushed drained canned

0.3 cup onions red chopped

Equipment

bowl

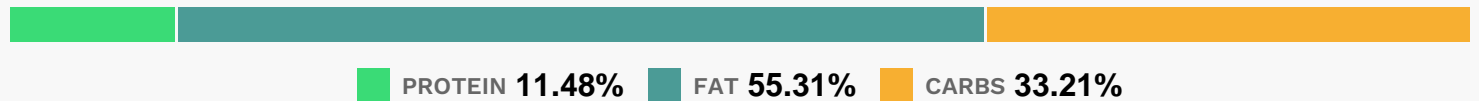
Directions

Cook franks and heat bacon as directed on packages.

Meanwhile, combine pineapple, onions, peppers, cilantro and honey in medium bowl. Stir in avocados.

Fill buns with franks; top with bacon and pineapple mixture.

Nutrition Facts



Properties

Glycemic Index:55.82, Glycemic Load:14.63, Inflammation Score:-4, Nutrition Score:12.294347866722%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 446.81kcal (22.34%), Fat: 27.78g (42.74%), Saturated Fat: 9.44g (58.97%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 34.12g (12.41%), Sugar: 15.42g (17.13%), Cholesterol: 39.72mg (13.24%), Sodium: 819.82mg (35.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.94%), Selenium: 21.56µg (30.8%), Vitamin B1: 0.39mg (25.83%), Vitamin B3: 4.32mg (21.6%), Folate: 68.1µg (17.03%), Phosphorus: 158.19mg (15.82%), Vitamin B12: 0.93µg (15.47%), Manganese: 0.3mg (15.05%), Vitamin B2: 0.24mg (14.03%), Iron: 2.49mg (13.85%), Fiber: 3.4g (13.62%), Vitamin C: 11.05mg (13.39%), Vitamin B6: 0.24mg (12.15%), Zinc: 1.8mg (12.01%), Copper: 0.23mg (11.69%), Potassium: 367.08mg (10.49%), Magnesium: 35.38mg (8.85%), Calcium: 81.7mg (8.17%), Vitamin K: 8.24µg (7.84%), Vitamin B5: 0.59mg (5.88%), Vitamin E: 0.75mg (5.03%), Vitamin D: 0.36µg (2.39%), Vitamin A: 89.15IU (1.78%)