



## Kansas City Dogs



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 all-beef hot dog
- ☐ 1 cup barbecue sauce shredded refrigerated with pork (from 18-oz container)
- ☐ 8 hotdog buns split
- ☐ 0.5 cup toppings: such as pickles
- ☐ 2 tablespoons spring onion sliced
- ☐ 1 serving mustard

## Equipment

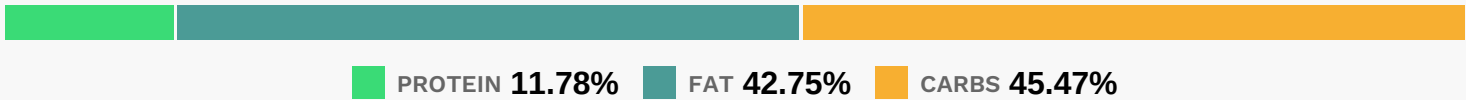
- ☐ bowl

- ☐ grill
- ☐ microwave

## Directions

- ☐ Heat gas or charcoal grill.
- ☐ Place hot dogs on grill over medium heat. Cook uncovered 10 to 15 minutes, turning frequently, until hot.
- ☐ Place sauce with pork in medium microwavable bowl; cover loosely. Microwave on high 45 to 60 seconds, stirring every 30 seconds, until hot.
- ☐ Place hot dogs on buns. Spoon about 2 tablespoons sauce with pork on each bun. Top with pickles, onions and mustard.

## Nutrition Facts



## Properties

Glycemic Index:15.75, Glycemic Load:12.75, Inflammation Score:-3, Nutrition Score:8.5121739273486%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 329.15kcal (16.46%), Fat: 15.57g (23.95%), Saturated Fat: 5.99g (37.44%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 36.02g (13.1%), Sugar: 15.84g (17.6%), Cholesterol: 25.2mg (8.4%), Sodium: 1118.75mg (48.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Selenium: 17.42µg (24.89%), Vitamin B1: 0.26mg (17.37%), Vitamin B3: 3.04mg (15.21%), Manganese: 0.3mg (14.91%), Vitamin B12: 0.82µg (13.64%), Iron: 2.34mg (13.01%), Vitamin B2: 0.2mg (11.64%), Phosphorus: 115.74mg (11.57%), Folate: 45.08µg (11.27%), Zinc: 1.38mg (9.17%), Calcium: 83.8mg (8.38%), Vitamin K: 7.3µg (6.95%), Copper: 0.14mg (6.95%), Potassium: 208.38mg (5.95%), Magnesium: 21.5mg (5.37%), Fiber: 1.24g (4.97%), Vitamin B6: 0.09mg (4.52%), Vitamin E: 0.42mg (2.81%), Vitamin A: 112.26IU (2.25%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.17mg (1.65%), Vitamin C: 1.24mg (1.5%)