



Layered BBQ Salads With Grilled Hot Dogs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices bacon fully-cooked
- ☐ 2 cups deli baked beans
- ☐ 2 tablespoons barbecue sauce divided
- ☐ 16 oz oscar mayer premium beef franks
- ☐ 1 teaspoon cider vinegar
- ☐ 2 cups deli coleslaw
- ☐ 3 green onions sliced
- ☐ 8 servings toppings: jalapeño peppers sliced

- ☐ 0.3 teaspoon freshly cracked pepper
- ☐ 1 cup plum tomatoes chopped (3 medium tomatoes)

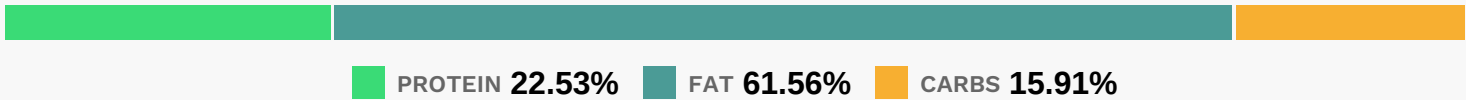
Equipment

- ☐ bowl
- ☐ grill
- ☐ microwave

Directions

- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Brush hot dogs with 1 Tbsp. barbecue sauce.
- ☐ Prepare bacon according to package directions; crumble.
- ☐ Grill hot dogs, covered with grill lid, 6 to 8 minutes or to desired degree of doneness, turning occasionally.
- ☐ Cut hot dogs into bite-size pieces.
- ☐ Stir together baked beans, cider vinegar, and remaining 1 Tbsp. barbecue sauce in a medium bowl. If desired, microwave bean mixture at HIGH 2 minutes or until thoroughly heated, stirring halfway through. Stir together coleslaw and pepper.
- ☐ Divide hot dog slices among 8 (10-oz.) glasses. Top hot dogs evenly with bean mixture, coleslaw mixture, chopped tomatoes, green onions, and crumbled bacon.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:4.34, Inflammation Score:-4, Nutrition Score:15.334347911503%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 439.82kcal (21.99%), Fat: 30.27g (46.57%), Saturated Fat: 11.72g (73.23%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 13.51g (4.91%), Sugar: 3.35g (3.72%), Cholesterol: 78.81mg (26.27%), Sodium: 1694.31mg (73.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.86%), Selenium: 26.07µg (37.24%), Phosphorus: 308.25mg (30.82%), Vitamin B1: 0.46mg (30.5%), Vitamin B3: 5.11mg (25.55%), Zinc: 3.8mg (25.36%), Vitamin B12: 1.37µg (22.8%), Vitamin B6: 0.38mg (18.93%), Fiber: 4.09g (16.36%), Potassium: 569.17mg (16.26%), Manganese: 0.31mg (15.43%), Copper: 0.3mg (14.88%), Iron: 2.6mg (14.44%), Vitamin B2: 0.24mg (14.06%), Magnesium: 47.29mg (11.82%), Vitamin K: 12.29µg (11.71%), Vitamin C: 9.16mg (11.1%), Folate: 36.13µg (9.03%), Vitamin A: 330.52IU (6.61%), Vitamin B5: 0.57mg (5.71%), Calcium: 52.39mg (5.24%), Vitamin D: 0.78µg (5.19%), Vitamin E: 0.55mg (3.65%)