



Loaded Potato Dogs

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup water
- 2 tablespoons butter
- 0.5 cup milk
- 4.9 oz potatoes mashed
- 5 celery stalks with one pointed end
- 5 all-beef hot dog
- 0.5 cup corn chips crushed finely
- 1 pouch nacho cheese dip (from potato mix box)

1 tablespoon milk

Equipment

bowl

baking sheet

sauce pan

oven

Directions

Heat oven to 400°F. In 1-quart saucepan, heat water and butter to boiling over medium-high heat.

Remove from heat; stir in milk and potatoes until well blended (mixture will be thick).

Insert 1 stick into each hot dog. Pack mashed potatoes around each hot dog, covering hot dogs completely.

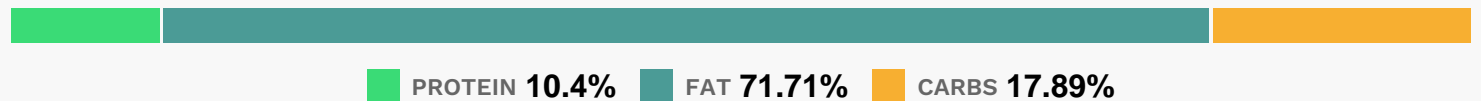
Roll in corn chips to coat; place on ungreased large cookie sheet.

Bake 10 to 15 minutes or until hot dogs are hot and coating is light golden brown.

Meanwhile, heat remaining tablespoon milk and Cheese Sauce in small microwavable bowl on high 30 to 40 seconds, stirring once.

Serve loaded dogs with Cheese Sauce.

Nutrition Facts



Properties

Glycemic Index:48.35, Glycemic Load:4.06, Inflammation Score:-2, Nutrition Score:5.9195652422698%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 273.52kcal (13.68%), Fat: 22.04g (33.91%), Saturated Fat: 9.39g (58.71%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.34g (4.12%), Sugar: 2.34g (2.6%), Cholesterol: 40.55mg (13.52%), Sodium: 560.59mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.39%), Vitamin B12: 0.89µg (14.85%), Phosphorus: 125.89mg (12.59%), Selenium: 6.52µg (9.31%), Zinc: 1.3mg (8.7%), Vitamin B6: 0.15mg (7.44%), Vitamin B3: 1.44mg (7.21%), Potassium: 240.98mg (6.89%), Vitamin C: 5.6mg (6.78%), Vitamin B2: 0.1mg (6.04%), Calcium: 57.48mg (5.75%), Magnesium: 22.65mg (5.66%), Copper: 0.11mg (5.37%), Vitamin E: 0.79mg (5.29%), Iron: 0.93mg (5.19%), Manganese: 0.09mg (4.75%), Fiber: 1.03g (4.11%), Vitamin A: 203.92IU (4.08%), Vitamin B1: 0.06mg (3.88%), Vitamin D: 0.57µg (3.81%), Vitamin B5: 0.35mg (3.49%), Vitamin K: 2.73µg (2.6%), Folate: 9.46µg (2.36%)