



WHATSheATE



Lunch Box Hot Hot Dogs

♥♥ Popular

READY IN



25 min.

SERVINGS



1

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

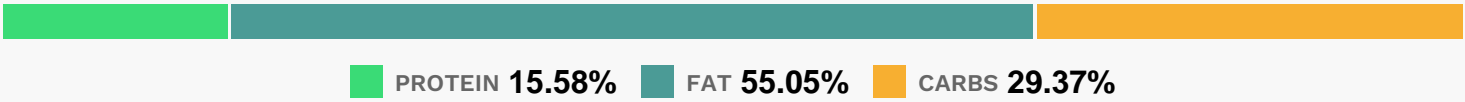
- ☐ 1 all-beef hot dog
- ☐ 1 hot dog bun
- ☐ 1 packet catsup
- ☐ 2 tablespoons cheddar cheese shredded
- ☐ 1 packet mustard yellow prepared

Equipment

Directions

- ☐
- Prepare your child's lunch box by packing the hot dog bun, ketchup, mustard and Cheddar cheese.
- ☐
- Preheat your child's insulated beverage container by filling with boiling water.
- ☐
- Let stand for 15 to 20 minutes. I put the kettle on when I get up and let it heat while the kids get ready for school. Right before they leave, dump out that water and replace with more boiling water. The preheating keeps it hot for a longer time.
- ☐
- Place a hot dog into the water and close the lid.
- ☐
- When your child is ready for lunch, they can take the hot hot dog out of the container and place it on the bun. Top with ketchup, mustard and cheese to make a hot lunch from home.

Nutrition Facts



Properties

Glycemic Index:121, Glycemic Load:12.85, Inflammation Score:-3, Nutrition Score:9.8821739113849%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 347.23kcal (17.36%), Fat: 21.24g (32.67%), Saturated Fat: 9.24g (57.77%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 24.49g (8.91%), Sugar: 5.86g (6.51%), Cholesterol: 42.2mg (14.07%), Sodium: 919.01mg (39.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.05%), Selenium: 23.31µg (33.3%), Phosphorus: 191.52mg (19.15%), Calcium: 190.39mg (19.04%), Vitamin B1: 0.26mg (17.43%), Vitamin B12: 1µg (16.64%), Vitamin B2: 0.26mg (15.55%), Vitamin B3: 2.97mg (14.87%), Manganese: 0.28mg (13.77%), Zinc: 1.97mg (13.11%), Iron: 2.2mg (12.22%), Folate: 47.38µg (11.85%), Copper: 0.13mg (6.31%), Magnesium: 23.78mg (5.95%), Potassium: 156.23mg (4.46%), Vitamin B6: 0.09mg (4.43%), Vitamin A: 220.49IU (4.41%), Fiber: 1.01g (4.03%), Vitamin K: 2.79µg (2.66%), Vitamin E: 0.39mg (2.61%), Vitamin D: 0.37µg (2.48%), Vitamin B5: 0.19mg (1.88%), Vitamin C: 0.94mg (1.14%)