



"Make it Your Own" Hot Dog Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings barbecue sauce
- 1 box beef pasta skillet meal hamburger helper®
- 6 servings pepper flakes
- 1 lb cheddar cheese shredded
- 6 servings coleslaw mix
- 6 servings bacon crumbled cooked
- 6 servings dijon honey mustard sweet
- 8 hot dogs
- 6 servings jalapeno sliced

- 6 servings catsup
- 2 cups milk
- 6 servings mustard
- 6 servings onion chopped
- 6 servings pepperoncini peppers sliced
- 6 servings relish
- 6 servings relish sweet
- 6 servings sauerkraut
- 6 servings cheddar cheese shredded
- 6 servings spicy brown mustard
- 6 servings onion sweet chopped
- 1 cup water hot

Equipment

- bowl
- frying pan

Directions

- In 12-inch skillet, mix milk, hot water, uncooked pasta and sauce mix (from Hamburger Helper box).
- Heat to boiling, stirring occasionally.
- Cut up 2 hot dogs; stir in.
- Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Remove from heat.
- Cut lengthwise slit in each of remaining 6 hot dogs; place over macaroni mixture in skillet. Cover; let stand until hot.
- Serve in bowls; fill slit in each hot dog with customized toppings as desired.

Nutrition Facts



PROTEIN 20.08% FAT 50.75% CARBS 29.17%

Properties

Glycemic Index:56.17, Glycemic Load:6.28, Inflammation Score:-9, Nutrition Score:31.099130443905%

Flavonoids

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 32.91mg, Quercetin: 32.91mg, Quercetin: 32.91mg, Quercetin: 32.91mg

Nutrients (% of daily need)

Calories: 821.05kcal (41.05%), Fat: 46.84g (72.06%), Saturated Fat: 24.16g (151.03%), Carbohydrates: 60.57g (20.19%), Net Carbohydrates: 55.75g (20.27%), Sugar: 21.43g (23.81%), Cholesterol: 145.51mg (48.5%), Sodium: 2182.7mg (94.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.7g (83.39%), Calcium: 884.24mg (88.42%), Phosphorus: 723.21mg (72.32%), Selenium: 45.51µg (65.01%), Vitamin C: 52.92mg (64.14%), Vitamin B2: 0.86mg (50.34%), Vitamin B1: 0.58mg (38.41%), Zinc: 5.62mg (37.5%), Vitamin B12: 2.08µg (34.59%), Vitamin B6: 0.64mg (31.88%), Vitamin B3: 5.51mg (27.54%), Folate: 103.87µg (25.97%), Vitamin A: 1243.87IU (24.88%), Potassium: 811.57mg (23.19%), Magnesium: 80.89mg (20.22%), Iron: 3.56mg (19.79%), Fiber: 4.82g (19.27%), Manganese: 0.37mg (18.7%), Vitamin B5: 1.36mg (13.62%), Copper: 0.26mg (12.92%), Vitamin D: 1.48µg (9.87%), Vitamin K: 9.55µg (9.09%), Vitamin E: 1.14mg (7.61%)