



Make it Your Own" Hot Dog Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups milk
- 1 cup water hot
- 1 box beef pasta skillet meal
- 8 hot dogs
- 1 serving mustard
- 1 serving pepperoncini peppers sliced
- 1 serving relish sweet
- 1 serving onion chopped
- 1 serving barbecue sauce

- 1 serving onion sweet chopped
- 1 lb cheddar cheese shredded
- 1 serving jalapeno sliced
- 1 serving pepper flakes
- 1 serving cheddar cheese shredded
- 1 serving spicy brown mustard
- 1 serving sauerkraut
- 1 serving bacon crumbled cooked
- 1 serving catsup
- 1 serving mustard
- 1 serving relish
- 1 serving dijon honey mustard sweet
- 1 serving coleslaw mix

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 20.77% FAT 53.26% CARBS 25.97%

Properties

Glycemic Index:61.5, Glycemic Load:4.83, Inflammation Score:-6, Nutrition Score:18.824347858844%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 601.53kcal (30.08%), Fat: 35.72g (54.95%), Saturated Fat: 18.61g (116.29%), Carbohydrates: 39.18g (13.06%), Net Carbohydrates: 37.66g (13.7%), Sugar: 8.97g (9.97%), Cholesterol: 114.73mg (38.24%), Sodium: 1673.19mg (72.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.34g (62.69%), Calcium: 659.41mg (65.94%), Phosphorus: 515.33mg (51.53%), Selenium: 31.86µg (45.51%), Vitamin B2: 0.65mg (38.02%), Vitamin B12: 1.75µg (29.11%), Vitamin B1: 0.42mg (28.11%), Zinc: 4.13mg (27.53%), Vitamin B3: 4.01mg (20.05%), Iron: 2.65mg (14.7%), Vitamin A: 732.87IU (14.66%), Folate: 50.06µg (12.52%), Potassium: 405.35mg (11.58%), Magnesium: 44.59mg (11.15%), Vitamin C: 8.87mg (10.76%), Vitamin B6: 0.21mg (10.58%), Vitamin B5: 0.9mg (8.99%), Vitamin D: 1.31µg (8.72%), Manganese: 0.13mg (6.44%), Fiber: 1.51g (6.06%), Copper: 0.1mg (5.22%), Vitamin K: 3.38µg (3.22%), Vitamin E: 0.38mg (2.56%)