



Miami Dogs

READY IN



15 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 all-beef hot dog cut in half lengthwise
- ☐ 4 hotdog buns split
- ☐ 4 slices swiss cheese cut in half thin
- ☐ 4 slices dill pickle
- ☐ 8 oz ham cut into quarters
- ☐ 1 serving mustard yellow

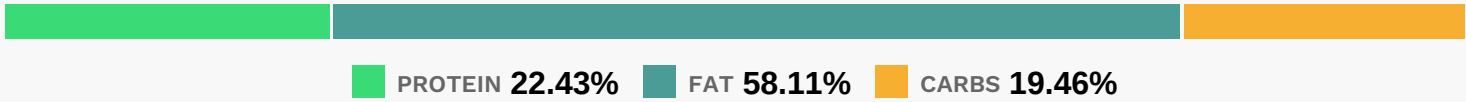
Equipment

- ☐ grill

Directions

- ☐ Heat closed contact grill 5 minutes.
- ☐ Place hot dogs on grill, close grill; grill 2 to 3 minutes or until hot.
- ☐ On bottom half of bun, layer cheese, pickle slice, hot dog and ham.
- ☐ Spread mustard on cut side of top bun if desired.
- ☐ Place filled buns on grill. Close grill; grill 3 to 4 minutes or until cheese is melted and bun is golden brown.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:12.8, Inflammation Score:-3, Nutrition Score:14.840434631576%

Nutrients (% of daily need)

Calories: 471.2kcal (23.56%), Fat: 30.1g (46.31%), Saturated Fat: 12.45g (77.83%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 21.85g (7.95%), Sugar: 3.84g (4.27%), Cholesterol: 76.16mg (25.39%), Sodium: 1397.5mg (60.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.14g (52.28%), Selenium: 35.15µg (50.21%), Vitamin B1: 0.59mg (39.44%), Phosphorus: 326.35mg (32.64%), Vitamin B12: 1.69µg (28.25%), Vitamin B3: 5.36mg (26.78%), Zinc: 3.36mg (22.42%), Calcium: 222.3mg (22.23%), Vitamin B2: 0.35mg (20.55%), Iron: 2.6mg (14.44%), Vitamin B6: 0.29mg (14.39%), Manganese: 0.26mg (12.92%), Folate: 46.05µg (11.51%), Copper: 0.17mg (8.28%), Potassium: 287.57mg (8.22%), Magnesium: 32.68mg (8.17%), Vitamin D: 0.67µg (4.45%), Vitamin B5: 0.44mg (4.35%), Fiber: 0.83g (3.31%), Vitamin A: 144.24IU (2.88%), Vitamin E: 0.43mg (2.84%), Vitamin K: 2.46µg (2.35%)