



Mini Hot Dog "Burgers"

READY IN



18 min.

SERVINGS



3

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 oz dinner rolls split
- 3 singles cut in half kraft
- 1 Tbsp claussen pickle relish sweet
- 2 plum tomatoes cut into 6 slices
- 2 Tbsp heinz tomato ketchup
- 3 oscar mayer wieners

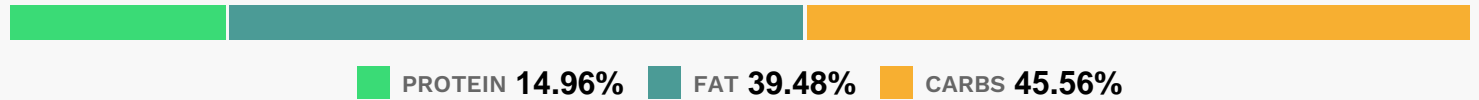
Equipment

- grill

Directions

- Heat grill to medium heat.
- Grill wieners 7 to 9 min. or until heated through, turning occasionally.
- Cut wieners lengthwise in half, then cut each piece crosswise into 6 pieces.
- Fill rolls with wiener pieces and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:2.74, Inflammation Score:-4, Nutrition Score:6.9352174530859%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 163.81kcal (8.19%), Fat: 7.4g (11.39%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 19.21g (6.4%), Net Carbohydrates: 18.27g (6.64%), Sugar: 5.18g (5.75%), Cholesterol: 20.41mg (6.8%), Sodium: 515.71mg (22.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Selenium: 15.12µg (21.6%), Vitamin B3: 2.48mg (12.39%), Vitamin B1: 0.17mg (11.03%), Vitamin B2: 0.18mg (10.76%), Manganese: 0.2mg (9.88%), Vitamin A: 485.01IU (9.7%), Iron: 1.59mg (8.85%), Folate: 34.99µg (8.75%), Phosphorus: 77.17mg (7.72%), Vitamin K: 8.05µg (7.67%), Vitamin C: 6.22mg (7.54%), Zinc: 1.12mg (7.44%), Potassium: 209.98mg (6%), Copper: 0.09mg (4.38%), Vitamin B6: 0.08mg (4.07%), Calcium: 40.54mg (4.05%), Vitamin B12: 0.23µg (3.9%), Magnesium: 15.52mg (3.88%), Fiber: 0.95g (3.78%), Vitamin B5: 0.31mg (3.11%), Vitamin E: 0.45mg (3.01%)