



Mom's Hot Dog Boats

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 1 pinch ground pepper black
- 16 ounce hot dogs
- 0.5 cup warm milk
- 4 processed cheese singles cut in half kraft® (such as)
- 6 russet potatoes cubed peeled
- 0.8 teaspoon salt

Equipment

- sauce pan
- oven
- pot
- baking pan
- broiler

Directions

- Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two. Return to the pot, and mash with the milk, butter, salt, and pepper.
- While the potatoes are boiling, place the hot dogs in a saucepan and cover with water. Bring to a boil over high heat, then keep warm on low until the potatoes have been mashed.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Cut the hot dogs down the center, leaving the two halves attached (like a hot dog bun). Stuff the hot dogs with mashed potatoes and place into a baking dish.
- Place half a slice of cheese on top of each hot dog.
- Broil in the preheated oven until the cheese is bubbly and has melted, about 1 minute.

Nutrition Facts

PROTEIN 12.78% **FAT 43.8%** **CARBS 43.42%**

Properties

Glycemic Index:32.47, Glycemic Load:26, Inflammation Score:-4, Nutrition Score:13.049999988597%

Nutrients (% of daily need)

Calories: 365.25kcal (18.26%), Fat: 18.12g (27.88%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 40.41g (13.47%), Net Carbohydrates: 38.33g (13.94%), Sugar: 1.97g (2.18%), Cholesterol: 53.1mg (17.7%), Sodium: 840.69mg (36.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.79%), Vitamin B6: 0.59mg (29.74%), Selenium: 18.15µg (25.92%), Phosphorus: 228.42mg (22.84%), Potassium: 787.59mg (22.5%), Vitamin B3: 3.79mg (18.95%), Vitamin B1: 0.28mg (18.5%), Calcium: 164.75mg (16.48%), Manganese: 0.31mg (15.53%), Iron: 2.78mg (15.46%), Vitamin B2: 0.26mg (15.27%), Zinc: 1.94mg (12.93%), Folate: 51.2µg (12.8%), Magnesium: 48.84mg (12.21%), Vitamin C: 9.16mg (11.1%), Copper: 0.21mg (10.7%), Vitamin B12: 0.55µg (9.11%), Vitamin B5: 0.88mg (8.83%), Fiber:

2.08g (8.32%), Vitamin A: 302.87IU (6.06%), Vitamin K: 3.71µg (3.53%), Vitamin E: 0.27mg (1.82%), Vitamin D:
0.23µg (1.54%)