

Monte Cristo Hotdog

READY IN



10 min.

SERVINGS



1

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 all-beef hot dog
- 1 tablespoon butter
- 1 hotdog buns
- 2 tablespoons strawberry jam
- 1 slice swiss cheese

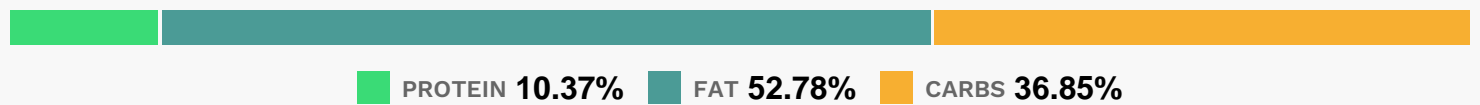
Equipment

- frying pan

Directions

- Melt the butter in a flat-bottomed pan over medium-high heat. Slice the hot dog length-wise about 3/4 of the way through; place onto the pan with the cut-side down along with the hot dog bun. Cook both until golden brown; flip and cook the other side until golden brown.
- Remove the bun from the pan and spread the strawberry jam over the inside of the bun; set aside. Meanwhile, top the hot dog with the slice of Swiss cheese.
- Place a lid over the hot dog and continue cooking until the cheese has melted, about 1 minute.
- Place the hot dog in the bun to serve.

Nutrition Facts



Properties

Glycemic Index:194, Glycemic Load:27.71, Inflammation Score:-4, Nutrition Score:10.873043599336%

Nutrients (% of daily need)

Calories: 544.11kcal (27.21%), Fat: 31.93g (49.12%), Saturated Fat: 16.26g (101.62%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 48.96g (17.8%), Sugar: 23.22g (25.8%), Cholesterol: 71.11mg (23.7%), Sodium: 805.47mg (35.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.23%), Selenium: 22.79µg (32.56%), Calcium: 228.36mg (22.84%), Vitamin B12: 1.36µg (22.6%), Phosphorus: 214.46mg (21.45%), Vitamin B1: 0.25mg (17%), Vitamin B2: 0.26mg (15.17%), Vitamin B3: 2.84mg (14.19%), Zinc: 2.08mg (13.84%), Manganese: 0.26mg (13.04%), Iron: 2.28mg (12.68%), Folate: 49µg (12.25%), Vitamin A: 491.39IU (9.83%), Copper: 0.16mg (7.87%), Magnesium: 23.11mg (5.78%), Vitamin C: 4.07mg (4.94%), Fiber: 1.21g (4.82%), Potassium: 156.58mg (4.47%), Vitamin B6: 0.08mg (3.97%), Vitamin E: 0.59mg (3.93%), Vitamin K: 3.26µg (3.1%), Vitamin B5: 0.2mg (1.95%), Vitamin D: 0.27µg (1.8%)