

## NuNu's and Hot Dogs

READY IN



20 min.

SERVINGS



2

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce extra wide egg noodles
- 1 tablespoon parsley dried
- 4 hot dogs cut into 1/2-inch pieces
- 1 tablespoon parmesan cheese grated
- 3 tablespoons butter unsalted softened

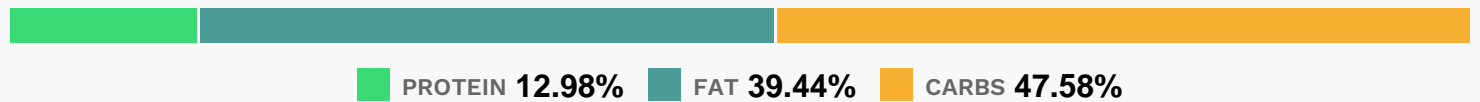
### Equipment

- frying pan
- pot

## Directions

- Bring a large pot of lightly-salted water to a boil; add the pasta and cook until al dente, about 5 minutes; drain.
- Melt 1 tablespoon butter in a skillet. Cook the hot dog pieces in the butter until browned.
- Add the hot dogs to the drained noodles with 2 tablespoons butter, parsley, and Parmesan cheese; stir until butter is melted and the hot dogs are coated.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:38.55, Inflammation Score:-7, Nutrition Score:22.388695618381%

## Flavonoids

Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg

## Nutrients (% of daily need)

Calories: 821.76kcal (41.09%), Fat: 36.18g (55.66%), Saturated Fat: 17.22g (107.61%), Carbohydrates: 98.21g (32.74%), Net Carbohydrates: 94.2g (34.25%), Sugar: 2.22g (2.47%), Cholesterol: 183.08mg (61.03%), Sodium: 689.99mg (30%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.78g (53.56%), Selenium: 114.43µg (163.48%), Manganese: 1.15mg (57.72%), Phosphorus: 387.64mg (38.76%), Vitamin B3: 5.84mg (29.2%), Zinc: 4.18mg (27.85%), Vitamin B1: 0.41mg (27.5%), Iron: 4.51mg (25.08%), Vitamin B2: 0.39mg (23.16%), Copper: 0.42mg (20.96%), Magnesium: 82.77mg (20.69%), Folate: 79.57µg (19.89%), Fiber: 4.01g (16.04%), Vitamin B5: 1.54mg (15.44%), Vitamin B6: 0.3mg (15.08%), Vitamin K: 15.67µg (14.93%), Vitamin B12: 0.87µg (14.44%), Vitamin A: 636.11IU (12.72%), Potassium: 444.56mg (12.7%), Calcium: 99.83mg (9.98%), Vitamin E: 1.01mg (6.73%), Vitamin D: 0.67µg (4.45%), Vitamin C: 1.34mg (1.62%)