



Philly Cheese Steak Dog

READY IN



25 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 hot dog buns
- 8 hot dogs
- 1 tablespoon olive oil
- 0.5 large onion diced
- 8 ounce processed cheese spread cheese whiz® (such as)
- 0.5 pound rib-eye shaved chopped

Equipment

- bowl

frying pan

pot

Directions

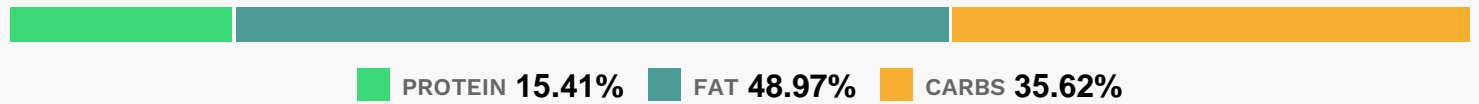
Heat olive oil in a skillet over medium heat; cook and stir onion in the hot oil until tender, 5 to 10 minutes.

Transfer onion to a bowl. Cook and stir rib-eye in the same skillet until meat is no longer red and liquid is evaporated, 5 to 10 minutes. Stir onion into cooked rib-eye.

Bring a pot of water to a boil; cook hot dogs in the boiling water until cooked through, 5 to 10 minutes.

Place each cooked hot dog into a bun. Spoon rib-eye mixture over hot dog; top with cheese spread.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:15.24, Inflammation Score:-4, Nutrition Score:11.639130527559%

Flavonoids

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 395.52kcal (19.78%), Fat: 20.81g (32.01%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 33.13g (12.05%), Sugar: 6.07g (6.74%), Cholesterol: 53.01mg (17.67%), Sodium: 826.7mg (35.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.46%), Selenium: 30.45µg (43.5%), Vitamin B1: 0.37mg (24.54%), Vitamin B3: 4.85mg (24.25%), Vitamin B2: 0.32mg (18.97%), Zinc: 2.69mg (17.93%), Calcium: 179.24mg (17.92%), Iron: 3.04mg (16.87%), Folate: 64.63µg (16.16%), Manganese: 0.29mg (14.45%), Vitamin B12: 0.79µg (13.16%), Phosphorus: 131.02mg (13.1%), Vitamin B6: 0.17mg (8.68%), Potassium: 207.23mg (5.92%), Magnesium: 22.52mg (5.63%), Copper: 0.11mg (5.36%), Vitamin A: 262.56IU (5.25%), Vitamin C: 3.15mg (3.81%), Fiber: 0.92g (3.7%), Vitamin K: 3.56µg (3.39%), Vitamin E: 0.37mg (2.46%), Vitamin B5: 0.25mg (2.46%)