



## Philly Hot Dog

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 all-beef hot dog fat-free 97%
- ☐ 0.5 cup bell pepper green red yellow (, , & )
- ☐ 0.5 cup cheese whiz
- ☐ 0.5 cup onion
- ☐ 4 buns toasted

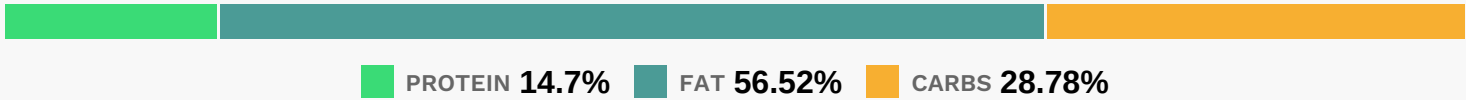
## Equipment

- ☐ grill

# Directions

- ☐ Preheat grill to medium heat.
- ☐ Place 4 (97% fat-free) beef franks on grill rack coated with cooking spray; grill, covered, 10 to 15 minutes, turning frequently until done.
- ☐ Place franks in 4 toasted white-wheat hot dog buns.
- ☐ Spread 1/4 cup Cheez Whiz evenly over franks.
- ☐ Place 1/2 cup grilled yellow, red, and green bell pepper slices and 1/2 cup onion slices evenly over dogs.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:13.123043495676%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 353.39kcal (17.67%), Fat: 22.45g (34.54%), Saturated Fat: 10.09g (63.07%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 23.29g (8.47%), Sugar: 6.99g (7.76%), Cholesterol: 47.38mg (15.79%), Sodium: 1141.86mg (49.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.28%), Phosphorus: 363.85mg (36.39%), Vitamin C: 25.44mg (30.83%), Selenium: 18.81µg (26.87%), Manganese: 0.49mg (24.35%), Vitamin B2: 0.27mg (15.82%), Calcium: 156.95mg (15.69%), Vitamin B3: 3.14mg (15.68%), Folate: 62.24µg (15.56%), Vitamin A: 775.48IU (15.51%), Vitamin B1: 0.23mg (15.42%), Iron: 2.46mg (13.67%), Zinc: 2mg (13.32%), Vitamin B12: 0.74µg (12.3%), Fiber: 2.43g (9.74%), Copper: 0.17mg (8.29%), Potassium: 265.98mg (7.6%), Vitamin B6: 0.15mg (7.48%), Magnesium: 28.78mg (7.2%), Vitamin B5: 0.39mg (3.92%), Vitamin K: 2.31µg (2.2%), Vitamin E: 0.33mg (2.19%), Vitamin D: 0.27µg (1.8%)