



HEALTH SCORE

55%

Pink's Millennium Dog

READY IN



29 min.

SERVINGS



1

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chili
- ☐ 12 inch jalapeno polish dog
- ☐ 0.3 cup guacamole
- ☐ 1 hot dog bun soft
- ☐ 0.3 cup lettuce shredded
- ☐ 0.3 cup grilled onions
- ☐ 0.3 cup tomatoes chopped

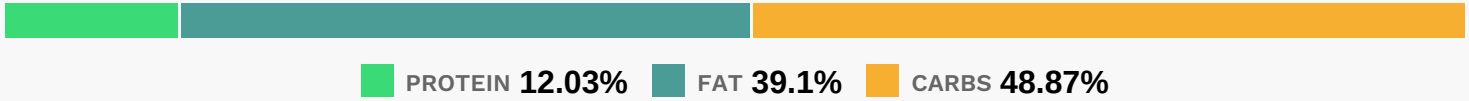
Equipment

knife

Directions

Place ingredients in order given on a warm, soft hot dog bun. Use caution when eating -- knife and fork recommended!

Nutrition Facts



Properties

Glycemic Index:272, Glycemic Load:18.53, Inflammation Score:-9, Nutrition Score:23.233043649922%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 349.09kcal (17.45%), Fat: 15.84g (24.37%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 37.14g (13.5%), Sugar: 10.51g (11.68%), Cholesterol: 13.72mg (4.57%), Sodium: 434.82mg (18.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.93%), Vitamin C: 123.18mg (149.3%), Folate: 141.17µg (35.29%), Vitamin B6: 0.67mg (33.38%), Vitamin K: 33.11µg (31.53%), Manganese: 0.61mg (30.45%), Fiber: 7.42g (29.68%), Vitamin B1: 0.44mg (29.29%), Selenium: 20.48µg (29.26%), Vitamin B3: 5.22mg (26.1%), Vitamin A: 1207.13IU (24.14%), Potassium: 813.04mg (23.23%), Vitamin B2: 0.38mg (22.34%), Iron: 3.55mg (19.73%), Copper: 0.33mg (16.38%), Phosphorus: 161.99mg (16.2%), Magnesium: 58.47mg (14.62%), Vitamin E: 2.17mg (14.45%), Vitamin B5: 1.28mg (12.76%), Zinc: 1.68mg (11.2%), Calcium: 102.68mg (10.27%), Vitamin B12: 0.24µg (4.06%)