



Pluto Pizza Dogs

READY IN



25 min.

SERVINGS



8

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 hot dogs
- 0.5 cup tomato sauce
- 8 hotdog buns split
- 4 ounces mozzarella cheese shredded
- 0.3 cup spring onion sliced

Equipment

- grill

Directions

- Heat coals or gas grill.
- Cut crosswise diagonal slashes 1/2 inch apart and 1/4 inch deep in each hot dog.
- Heat pizza sauce until hot; keep warm.
- Grill hot dogs uncovered 4 to 6 inches from medium heat 10 to 15 minutes, turning frequently, until hot and slashes begin to open.
- Serve hot dogs on buns. Top with pizza sauce, cheese and onions.

Nutrition Facts

PROTEIN 17.77% **FAT 37.56%** **CARBS 44.67%**

Properties

Glycemic Index:24.25, Glycemic Load:15.44, Inflammation Score:-4, Nutrition Score:10.4160869899%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 276.92kcal (13.85%), Fat: 11.56g (17.78%), Saturated Fat: 4.58g (28.6%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 29.85g (10.85%), Sugar: 3.86g (4.29%), Cholesterol: 31.45mg (10.48%), Sodium: 679.71mg (29.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.61%), Selenium: 26.01µg (37.15%), Vitamin B1: 0.35mg (23.23%), Vitamin B3: 3.63mg (18.17%), Vitamin B2: 0.3mg (17.93%), Folate: 66.37µg (16.59%), Iron: 2.78mg (15.42%), Manganese: 0.3mg (15.13%), Calcium: 147.98mg (14.8%), Phosphorus: 142.94mg (14.29%), Zinc: 1.68mg (11.19%), Vitamin B12: 0.64µg (10.7%), Vitamin K: 9.26µg (8.82%), Magnesium: 21.38mg (5.35%), Potassium: 182.43mg (5.21%), Copper: 0.1mg (5.16%), Fiber: 1.08g (4.3%), Vitamin A: 193.71IU (3.87%), Vitamin B6: 0.07mg (3.57%), Vitamin B5: 0.3mg (3.04%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.38mg (2.53%)