



Seattle Dogs

READY IN



15 min.

SERVINGS



8

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 all-beef hot dog
- ☐ 0.5 cup cream cheese softened
- ☐ 8 hotdog buns split toasted
- ☐ 0.5 cup sauerkraut
- ☐ 0.3 cup relish
- ☐ 0.3 cup onion chopped
- ☐ 1 serving mayonnaise
- ☐ 1 serving catsup

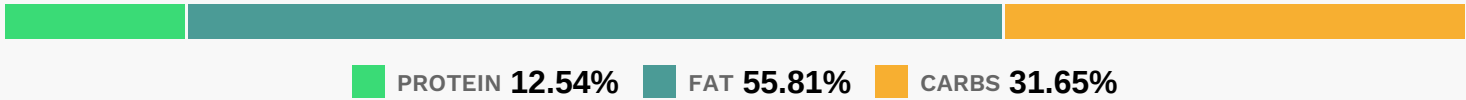
Equipment

☐ grill

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Place hot dogs on grill over medium heat. Cook uncovered 10 to 15 minutes, turning frequently, until hot.
- ☐ Spread 1 tablespoon cream cheese on cut side of bottom half of each bun.
- ☐ Place hot dogs on buns. Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:13.08, Inflammation Score:-3, Nutrition Score:8.5034782990165%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 331.3kcal (16.56%), Fat: 20.59g (31.67%), Saturated Fat: 8.9g (55.61%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 25.05g (9.11%), Sugar: 5.12g (5.69%), Cholesterol: 39.74mg (13.25%), Sodium: 877.98mg (38.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.81%), Selenium: 18.06µg (25.8%), Vitamin B1: 0.26mg (17.12%), Vitamin B3: 2.9mg (14.52%), Vitamin B12: 0.85µg (14.17%), Manganese: 0.27mg (13.42%), Iron: 2.32mg (12.89%), Phosphorus: 127.97mg (12.8%), Vitamin B2: 0.21mg (12.55%), Folate: 47.28µg (11.82%), Zinc: 1.41mg (9.41%), Calcium: 83.98mg (8.4%), Copper: 0.13mg (6.51%), Magnesium: 20.25mg (5.06%), Fiber: 1.23g (4.91%), Potassium: 162.78mg (4.65%), Vitamin B6: 0.09mg (4.44%), Vitamin A: 215.34IU (4.31%), Vitamin K: 4.38µg (4.17%), Vitamin C: 2.38mg (2.89%), Vitamin B5: 0.2mg (1.97%), Vitamin E: 0.29mg (1.96%), Vitamin D: 0.27µg (1.81%)