



## Skillet Hot Dog-Potato Dinner

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4.7 oz potatoes
- 2 cups water hot
- 0.5 cup milk
- 5 hot dogs cut into 1/4-inch slices
- 0.5 cup corn whole frozen
- 2 oz colby cheese shredded

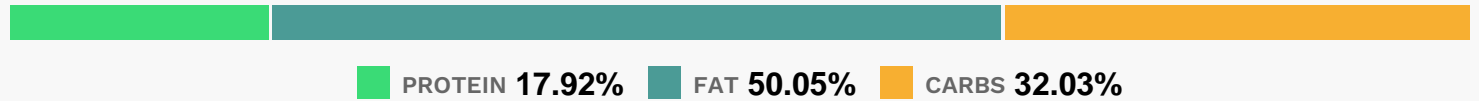
### Equipment

- frying pan

## Directions

- In 10-inch nonstick skillet, stir sauce mix (from box), hot water and milk until well blended.
- Add potatoes (from box); stir well to combine.
- Heat just to boiling over medium heat, stirring occasionally. Reduce heat. Cover and simmer 10 minutes, stirring occasionally.
- Uncover; stir in hot dogs and frozen corn; cook 6 to 8 minutes, stirring occasionally, until potatoes are tender and hot dogs and corn are heated through.
- Remove from heat; stir in cheese, and continue stirring until cheese is melted.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:37.44, Glycemic Load:7.7, Inflammation Score:-3, Nutrition Score:8.7226087580556%

## Flavonoids

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 252.61kcal (12.63%), Fat: 14.17g (21.8%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 19.67g (7.15%), Sugar: 1.8g (2%), Cholesterol: 42.44mg (14.15%), Sodium: 520.43mg (22.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.84%), Selenium: 17.64µg (25.2%), Phosphorus: 177.95mg (17.79%), Vitamin B2: 0.27mg (15.66%), Calcium: 156.03mg (15.6%), Vitamin B3: 2.64mg (13.18%), Zinc: 1.86mg (12.38%), Vitamin B1: 0.18mg (12.24%), Folate: 40.88µg (10.22%), Iron: 1.74mg (9.65%), Vitamin B12: 0.57µg (9.58%), Potassium: 307.86mg (8.8%), Vitamin C: 6.94mg (8.41%), Vitamin B6: 0.16mg (7.81%), Magnesium: 25.56mg (6.39%), Manganese: 0.12mg (5.83%), Copper: 0.11mg (5.54%), Vitamin B5: 0.53mg (5.35%), Vitamin A: 190.97IU (3.82%), Fiber: 0.73g (2.93%), Vitamin D: 0.42µg (2.8%), Vitamin K: 1.11µg (1.05%)