



 **61%**
HEALTH SCORE

Sloppy Hot Dogs

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 0.5 cup bell pepper green chopped
- 0.3 cup onion chopped
- 0.5 cup barbecue sauce
- 8 ounces tomato sauce canned
- 1 pound hot dogs cut into 1/4-inch slices
- 8 hawaiian rolls split

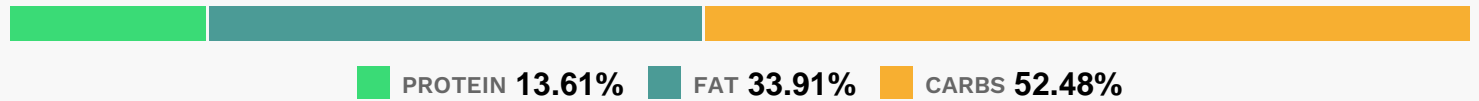
Equipment

frying pan

Directions

- Heat oil in 10-inch skillet over medium heat. Cook bell pepper and onion in oil, stirring occasionally, until onion is tender.
- Stir in barbecue sauce, tomato sauce and hot dogs. Simmer uncovered 10 minutes, stirring occasionally. Fill buns with hot dog mixture.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:32.9, Inflammation Score:-7, Nutrition Score:23.041739090629%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 634.25kcal (31.71%), Fat: 24.03g (36.97%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 83.66g (27.89%), Net Carbohydrates: 80.39g (29.23%), Sugar: 21.16g (23.51%), Cholesterol: 51.03mg (17.01%), Sodium: 1838.55mg (79.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.41%), Selenium: 54.31µg (77.59%), Vitamin B1: 0.78mg (51.85%), Vitamin B3: 8.69mg (43.47%), Vitamin B2: 0.64mg (37.57%), Folate: 146.62µg (36.65%), Manganese: 0.73mg (36.33%), Iron: 6.49mg (36.06%), Vitamin C: 21.38mg (25.91%), Phosphorus: 229.17mg (22.92%), Zinc: 3.15mg (21.01%), Calcium: 175.72mg (17.57%), Potassium: 573.88mg (16.4%), Copper: 0.29mg (14.53%), Vitamin K: 14.04µg (13.37%), Fiber: 3.26g (13.05%), Magnesium: 50.87mg (12.72%), Vitamin B12: 0.76µg (12.69%), Vitamin B6: 0.25mg (12.55%), Vitamin E: 1.68mg (11.23%), Vitamin B5: 0.86mg (8.58%), Vitamin A: 395.63IU (7.91%)