



WHATSHEATE



HEALTH SCORE

61%

Sloppy Hot Dogs



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



1

CALORIES



2537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

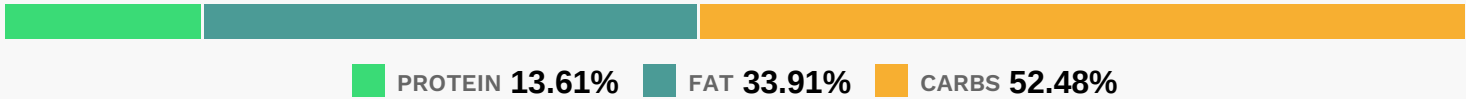
Equipment

☐ 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:172, Glycemic Load:131.59, Inflammation Score:-10, Nutrition Score:66.876956193343%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg

Nutrients (% of daily need)

Calories: 2536.98kcal (126.85%), Fat: 96.12g (147.88%), Saturated Fat: 28.84g (180.25%), Carbohydrates: 334.63g (111.54%), Net Carbohydrates: 321.58g (116.94%), Sugar: 84.64g (94.05%), Cholesterol: 204.12mg (68.04%), Sodium: 7354.21mg (319.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.81g (173.62%), Selenium: 217.26µg (310.37%), Vitamin B1: 3.11mg (207.39%), Vitamin B3: 34.77mg (173.87%), Vitamin B2: 2.55mg (150.26%), Folate: 586.48µg (146.62%), Manganese: 2.91mg (145.34%), Iron: 25.96mg (144.25%), Vitamin C: 85.5mg (103.64%), Phosphorus: 916.7mg (91.67%), Zinc: 12.6mg (84.02%), Calcium: 702.88mg (70.29%), Potassium: 2295.51mg (65.59%), Copper: 1.16mg (58.13%), Vitamin K: 56.17µg (53.5%), Fiber: 13.05g (52.22%), Magnesium: 203.48mg (50.87%), Vitamin B12: 3.05µg (50.78%), Vitamin B6: 1mg (50.2%), Vitamin E: 6.74mg (44.92%), Vitamin B5: 3.43mg (34.33%), Vitamin A: 1582.5IU (31.65%)