



Sonoran-Style Hot Dog

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices oscar mayer bacon
- 16 oz oscar mayer selects uncured angus beef franks
- 15 oz pinto beans rinsed canned
- 3 Tbsp real mayo mayonnaise kraft
- 1 Tbsp heinz mustard yellow
- 0.5 cup onions chopped
- 2 Tbsp jalapeño pepper sauce
- 8 bolillo rolls steamed

1 tomatoes chopped

Equipment

frying pan

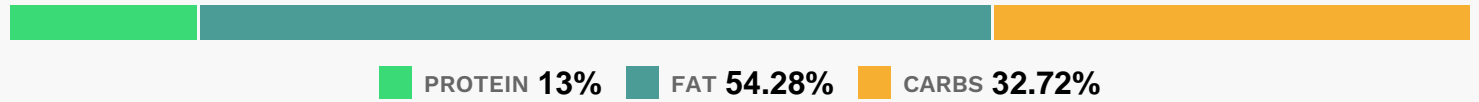
Directions

Wrap each frank with 1 slice bacon.

Cook in skillet on medium heat 7 to 9 min. or until bacon is done, turning frequently.

Cut long slit down in top of each roll, being careful to not cut through to bottom. Fill rolls with franks and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:25.88, Inflammation Score:-3, Nutrition Score:11.359130413636%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 537.43kcal (26.87%), Fat: 32.37g (49.81%), Saturated Fat: 10.67g (66.7%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 39.96g (14.53%), Sugar: 6.71g (7.45%), Cholesterol: 48.44mg (16.15%), Sodium: 1302.33mg (56.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.89%), Iron: 12.4mg (68.89%), Vitamin B12: 1.04µg (17.34%), Phosphorus: 170.02mg (17%), Selenium: 11.75µg (16.78%), Fiber: 3.95g (15.82%), Zinc: 1.87mg (12.44%), Vitamin B3: 2.45mg (12.24%), Manganese: 0.22mg (11.15%), Vitamin K: 10.91µg (10.39%), Copper: 0.19mg (9.55%), Potassium: 323.54mg (9.24%), Vitamin B6: 0.17mg (8.49%), Vitamin B1: 0.12mg (8.21%), Magnesium: 31.36mg (7.84%), Vitamin C: 5.66mg (6.86%), Vitamin B2: 0.09mg (5.5%), Folate: 20.95µg (5.24%), Vitamin E: 0.66mg (4.42%), Calcium: 43.84mg (4.38%), Vitamin B5: 0.36mg (3.63%), Vitamin A: 146.37IU (2.93%), Vitamin D: 0.44µg (2.92%)