

Southwestern Hot Dogs

READY IN



15 min.

SERVINGS



10

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili powder
- 2 spring onion thinly sliced
- 10 hotdog buns split
- 10 hot dogs
- 2 tablespoons mayonnaise
- 3 tablespoons salsa
- 4 ounces cheddar cheese shredded finely
- 0.5 cup tortilla chips crushed

Equipment

bowl

Directions

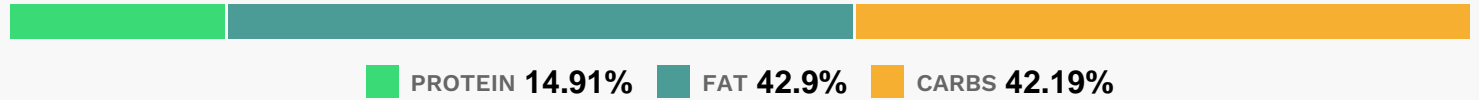
In a large bowl, combine the first six ingredients.

Cut a 1/2-in.-deep lengthwise slit in each hot dog. Spoon about 2 tablespoons cheese mixture into each.

Broil for 2–3 minutes or until cheese is melted.

Serve on buns.

Nutrition Facts



Properties

Glycemic Index:19.9, Glycemic Load:15.16, Inflammation Score:-4, Nutrition Score:10.705652190291%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 324.61kcal (16.23%), Fat: 15.51g (23.86%), Saturated Fat: 5.37g (33.59%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 33.05g (12.02%), Sugar: 3.44g (3.82%), Cholesterol: 32.77mg (10.92%), Sodium: 662.06mg (28.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.25%), Selenium: 27.09µg (38.7%), Vitamin B1: 0.35mg (23.58%), Vitamin B2: 0.31mg (18.31%), Vitamin B3: 3.58mg (17.91%), Folate: 66.97µg (16.74%), Calcium: 161.89mg (16.19%), Phosphorus: 155.66mg (15.57%), Iron: 2.7mg (15.02%), Manganese: 0.29mg (14.46%), Vitamin K: 13.35µg (12.72%), Zinc: 1.74mg (11.61%), Vitamin B12: 0.44µg (7.38%), Magnesium: 24.89mg (6.22%), Fiber: 1.26g (5.04%), Copper: 0.1mg (4.87%), Potassium: 158.26mg (4.52%), Vitamin E: 0.6mg (4.03%), Vitamin B6: 0.08mg (3.98%), Vitamin A: 192.66IU (3.85%), Vitamin B5: 0.37mg (3.66%), Vitamin C: 1.14mg (1.38%)