



Special Summer Griller

 Dairy Free

READY IN



14 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

Ingredients

- 6 oscar mayer selects uncured angus beef franks
- 6 hot dog buns toasted
- 1.5 cups lettuce shredded
- 0.5 cup claussen pickle relish sweet
- 0.3 cup creamy poppyseed dressing kraft
- 0.5 cup tomatoes chopped

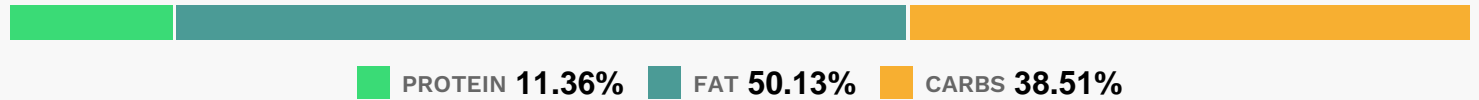
Equipment

- grill

Directions

- Heat grill to medium heat.
- Grill franks 7 to 9 min. or until heated through, turning occasionally.
- Meanwhile, mix relish and dressing until well blended.
- Fill buns with lettuce, franks, tomatoes and relish mixture.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:12.96, Inflammation Score:-5, Nutrition Score:9.881739206936%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 339.11kcal (16.96%), Fat: 19.02g (29.26%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 31.51g (11.46%), Sugar: 12.64g (14.05%), Cholesterol: 29.47mg (9.82%), Sodium: 927.74mg (40.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.39%), Vitamin K: 31.35µg (29.86%), Selenium: 17.25µg (24.65%), Vitamin B1: 0.26mg (17.44%), Vitamin B3: 2.96mg (14.79%), Manganese: 0.29mg (14.75%), Vitamin B12: 0.83µg (13.8%), Iron: 2.38mg (13.22%), Folate: 50.35µg (12.59%), Phosphorus: 119.74mg (11.97%), Vitamin B2: 0.19mg (11.21%), Zinc: 1.39mg (9.26%), Vitamin A: 449.45IU (8.99%), Calcium: 71.73mg (7.17%), Copper: 0.14mg (7.02%), Fiber: 1.35g (5.42%), Potassium: 173.91mg (4.97%), Magnesium: 19.58mg (4.9%), Vitamin E: 0.65mg (4.36%), Vitamin B6: 0.08mg (4.02%), Vitamin C: 3.02mg (3.67%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.14mg (1.42%)