



## Stupid Hot Dog Thing

READY IN



40 min.

SERVINGS



10

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 28 ounce tomato sauce canned
- 16 ounce elbow macaroni
- 16 ounce hot dogs sliced
- 3.5 cups milk
- 16 ounce process cheese food cut into small cubes velveeta® (such as )

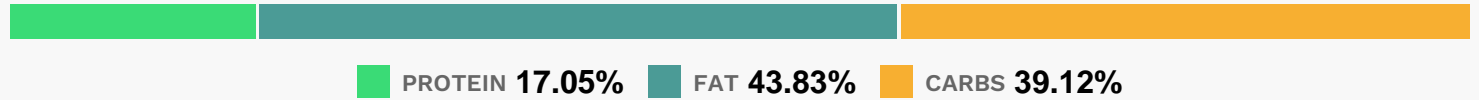
### Equipment

- pot

## Directions

- Bring a large pot of lightly salted water to a rolling boil; cook the macaroni in the boiling water until cooked through yet firm to the bite, about 8 minutes.
- Drain.
- Melt the butter in a large pot over medium heat; cook the hot dog slices in the butter until browned, 3 to 5 minutes.
- Add the tomato sauce, milk, and cheese food to the pot; cook and stir until the cheese food is melted completely, 10 to 12 minutes. Fold the macaroni into the cheese mixture; continue cooking until thoroughly hot, about 5 minutes.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:18.8, Glycemic Load:5.67, Inflammation Score:-7, Nutrition Score:20.560869590096%

## Nutrients (% of daily need)

Calories: 528.93kcal (26.45%), Fat: 25.94g (39.91%), Saturated Fat: 13.02g (81.38%), Carbohydrates: 52.1g (17.37%), Net Carbohydrates: 49.46g (17.98%), Sugar: 9.17g (10.19%), Cholesterol: 79.03mg (26.34%), Sodium: 1488.64mg (64.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.71g (45.42%), Selenium: 51.96µg (74.23%), Calcium: 610.91mg (61.09%), Phosphorus: 529.41mg (52.94%), Manganese: 0.57mg (28.25%), Vitamin B2: 0.43mg (25.31%), Vitamin B12: 1.38µg (23%), Zinc: 3.21mg (21.41%), Vitamin A: 945.69IU (18.91%), Potassium: 591.44mg (16.9%), Vitamin B3: 3.37mg (16.85%), Magnesium: 63.91mg (15.98%), Iron: 2.71mg (15.05%), Vitamin B1: 0.22mg (14.9%), Copper: 0.28mg (13.97%), Vitamin B6: 0.24mg (12.08%), Vitamin B5: 1.18mg (11.8%), Vitamin E: 1.63mg (10.87%), Fiber: 2.64g (10.57%), Folate: 41.21µg (10.3%), Vitamin D: 1.21µg (8.08%), Vitamin C: 5.6mg (6.79%), Vitamin K: 3.8µg (3.62%)