



Super Topped Angus Franks

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

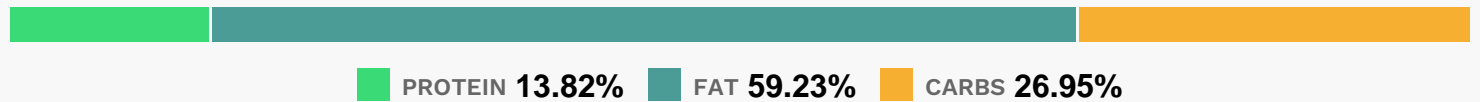
- 6 oscar mayer selects uncured angus beef franks
- 2.3 oz olives black drained sliced canned
- 6 bread rolls split french
- 2 Tbsp heinz mustard yellow
- 0.5 cup onions finely chopped
- 0.3 cup pepperoncini peppers chopped
- 1 small tomatoes chopped

Equipment

Directions

- Heat franks as directed on package.
- Meanwhile, combine all remaining ingredients except rolls.
- Place franks in rolls; top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:7.59, Inflammation Score:-4, Nutrition Score:8.2404347709987%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 251.79kcal (12.59%), Fat: 16.75g (25.77%), Saturated Fat: 6.04g (37.77%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 14.87g (5.41%), Sugar: 3.52g (3.91%), Cholesterol: 25.2mg (8.4%), Sodium: 816.5mg (35.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Selenium: 15.12µg (21.6%), Manganese: 0.4mg (20.16%), Vitamin B3: 2.82mg (14.1%), Vitamin B12: 0.73µg (12.22%), Phosphorus: 114.11mg (11.41%), Vitamin B1: 0.16mg (10.53%), Iron: 1.84mg (10.2%), Zinc: 1.37mg (9.16%), Fiber: 2.27g (9.08%), Vitamin C: 7.41mg (8.99%), Folate: 33.48µg (8.37%), Vitamin B2: 0.13mg (7.58%), Copper: 0.14mg (7%), Magnesium: 24.78mg (6.19%), Vitamin B6: 0.12mg (5.84%), Calcium: 53.48mg (5.35%), Potassium: 178.58mg (5.1%), Vitamin E: 0.6mg (3.97%), Vitamin B5: 0.39mg (3.9%), Vitamin A: 190.06IU (3.8%), Vitamin K: 3.34µg (3.18%), Vitamin D: 0.27µg (1.8%)