



## Swanky Franks

READY IN



19 min.

SERVINGS



10

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup cucumbers chopped
- 0.8 cup basil leaves fresh minced
- 1 Tbsp grey poupon savory honey mustard
- 10 hot dog buns
- 0.5 cup miracle whip dressing light
- 2 plum tomatoes chopped
- 16 oz oscar mayer wieners
- 0.3 cup pasilla peppers yellow chopped

# Equipment

grill

# Directions

- Heat grill to medium heat.
- Grill wieners 7 to 9 min. or until heated through, turning occasionally.
- Combine all remaining ingredients except buns.
- Place wieners in buns; top with tomato mixture.

# Nutrition Facts



**PROTEIN 14.84%** **FAT 31.82%** **CARBS 53.34%**

# Properties

Glycemic Index:21.3, Glycemic Load:15.21, Inflammation Score:-4, Nutrition Score:9.818695726602%

# Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

# Nutrients (% of daily need)

Calories: 248.84kcal (12.44%), Fat: 8.79g (13.52%), Saturated Fat: 2.81g (17.53%), Carbohydrates: 33.15g (11.05%), Net Carbohydrates: 31.89g (11.6%), Sugar: 5.1g (5.67%), Cholesterol: 21.56mg (7.19%), Sodium: 629.06mg (27.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.45%), Selenium: 23.6µg (33.72%), Vitamin B1: 0.35mg (23.17%), Vitamin B3: 3.6mg (18%), Folate: 67.17µg (16.79%), Manganese: 0.32mg (16.05%), Vitamin B2: 0.26mg (15.25%), Iron: 2.67mg (14.81%), Vitamin C: 11.88mg (14.4%), Vitamin K: 10.81µg (10.29%), Phosphorus: 94.58mg (9.46%), Zinc: 1.28mg (8.52%), Calcium: 78.44mg (7.84%), Vitamin B12: 0.32µg (5.35%), Copper: 0.1mg (5.22%), Fiber: 1.26g (5.04%), Potassium: 175.58mg (5.02%), Magnesium: 19.32mg (4.83%), Vitamin A: 220.59IU (4.41%), Vitamin B6: 0.07mg (3.64%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.2mg (1.32%)