



Taco Dogs

READY IN



13 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 8-inch flour tortillas ()
- ☐ 8 hot dogs
- ☐ 1 cup lettuce shredded
- ☐ 1 cup refried beans
- ☐ 0.5 cup salsa
- ☐ 4 ounces cheddar cheese shredded
- ☐ 1 tomatoes chopped

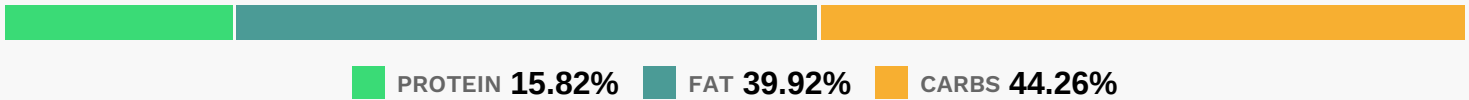
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Cook hot dogs in boiling water to cover 5 minutes; drain.
- ☐ Combine beans, cheese, and salsa in a glass bowl; microwave at HIGH 2 minutes or until thoroughly heated, stirring once.
- ☐ Spread mixture evenly on 1 side of each tortilla.
- ☐ Place hot dogs on tortillas; top hot dogs evenly with lettuce and tomato, and roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:11.35, Inflammation Score:-5, Nutrition Score:12.523478313633%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 353.88kcal (17.69%), Fat: 15.65g (24.07%), Saturated Fat: 6.57g (41.04%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 35.4g (12.87%), Sugar: 3.89g (4.32%), Cholesterol: 34.42mg (11.47%), Sodium: 1056.63mg (45.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.91%), Selenium: 27.46µg (39.24%), Vitamin B1: 0.38mg (25.58%), Phosphorus: 225.22mg (22.52%), Vitamin B3: 4.22mg (21.1%), Calcium: 203.08mg (20.31%), Vitamin B2: 0.34mg (20.16%), Folate: 78.53µg (19.63%), Iron: 3.35mg (18.63%), Manganese: 0.34mg (17.12%), Fiber: 3.63g (14.52%), Zinc: 1.77mg (11.81%), Vitamin A: 418.18IU (8.36%), Vitamin K: 8.08µg (7.69%), Potassium: 231.42mg (6.61%), Magnesium: 25.66mg (6.41%), Vitamin B12: 0.38µg (6.4%), Copper: 0.11mg (5.74%), Vitamin B6: 0.11mg (5.35%), Vitamin B5: 0.43mg (4.31%), Vitamin C: 2.71mg (3.29%), Vitamin E: 0.4mg (2.69%)