

# Tangy Hot Dogs

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup celery finely chopped
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground mustard
- 8 hotdog buns split
- 1 pound hot dogs chopped
- 0.5 cup catsup
- 1 medium onion chopped
- 0.3 teaspoon pepper

- 0.5 cup processed cheese food shredded (Velveeta)
- 1 teaspoon vegetable oil
- 0.5 cup water

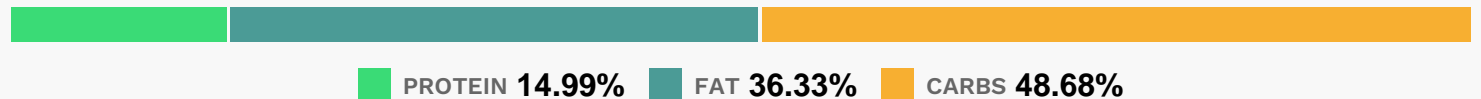
## Equipment

- sauce pan

## Directions

- In a large saucepan, saute hot dogs and onion in oil until onion is tender.
- Sprinkle with flour, mustard and pepper. Stir in celery, water and ketchup until blended. Cook and stir over medium heat for 10 minutes; remove from the heat. Stir in cheese. Spoon about 1/2 cup hot dog mixture into each bun.

## Nutrition Facts



## Properties

Glycemic Index:35.38, Glycemic Load:18.24, Inflammation Score:-5, Nutrition Score:12.166956584091%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 333.48kcal (16.67%), Fat: 13.56g (20.86%), Saturated Fat: 5g (31.26%), Carbohydrates: 40.87g (13.62%), Net Carbohydrates: 39.49g (14.36%), Sugar: 7.26g (8.06%), Cholesterol: 34.26mg (11.42%), Sodium: 891.53mg (38.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Selenium: 30.16µg (43.09%), Vitamin B1: 0.41mg (27.37%), Vitamin B3: 4.4mg (22%), Vitamin B2: 0.36mg (21.24%), Folate: 84.3µg (21.08%), Manganese: 0.37mg (18.73%), Calcium: 178.35mg (17.83%), Iron: 3.16mg (17.54%), Phosphorus: 171.41mg (17.14%), Zinc: 1.78mg (11.84%), Vitamin B12: 0.51µg (8.52%), Vitamin K: 7.63µg (7.26%), Potassium: 247.16mg (7.06%), Magnesium: 25.71mg (6.43%), Copper: 0.13mg (6.34%), Vitamin B6: 0.11mg (5.59%), Fiber: 1.38g (5.53%), Vitamin A: 217.4IU (4.35%), Vitamin B5: 0.4mg (4.04%), Vitamin E: 0.5mg (3.31%), Vitamin C: 2.64mg (3.2%)