

Tasty Taco Dogs

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 Tbsp milk cheddar cheese shredded 2% kraft
- 1 cup lettuce shredded
- 10.8 oz taco bellâ® crunchy taco dinner kit
- 1 tomatoes chopped
- 0.8 cup water
- 6 oscar mayer wieners

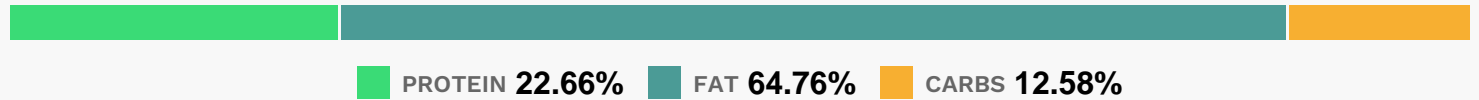
Equipment

- frying pan

Directions

- Cook wieners in large skillet on medium heat 2 min. Stir in Seasoning
- Mix and water; bring to boil. Reduce heat to medium-low; simmer, uncovered, 10 min.
- Fill each Taco Shell with one wiener piece. Top evenly with lettuce, tomatoes and cheese.
- Drizzle with Salsa.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:2.65, Inflammation Score:-5, Nutrition Score:10.851739209631%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 333.04kcal (16.65%), Fat: 24.1g (37.08%), Saturated Fat: 12.62g (78.88%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 10.14g (3.69%), Sugar: 1.43g (1.59%), Cholesterol: 77mg (25.67%), Sodium: 675.41mg (29.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.95%), Calcium: 410.72mg (41.07%), Selenium: 21.96µg (31.37%), Phosphorus: 313.27mg (31.33%), Vitamin B2: 0.33mg (19.52%), Zinc: 2.81mg (18.7%), Vitamin B12: 0.95µg (15.81%), Vitamin A: 650.9IU (13.02%), Vitamin B3: 1.87mg (9.36%), Folate: 36.99µg (9.25%), Vitamin B1: 0.13mg (8.98%), Iron: 1.48mg (8.22%), Magnesium: 24.23mg (6.06%), Vitamin K: 5.99µg (5.7%), Potassium: 180.92mg (5.17%), Manganese: 0.09mg (4.61%), Vitamin B5: 0.42mg (4.25%), Vitamin B6: 0.08mg (4.04%), Vitamin C: 3.19mg (3.87%), Copper: 0.07mg (3.52%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.31µg (2.03%), Fiber: 0.39g (1.56%)