



Texas Tommy Hot Dogs

READY IN



30 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 hot dogs
- 4 slices cheddar cheese
- 8 slices bacon
- 8 hotdog buns split

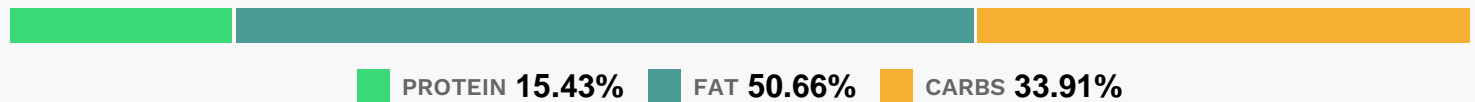
Equipment

- toothpicks
- grill

Directions

- Heat gas or charcoal grill.
- Cut lengthwise slit in each hot dog, cutting almost but not quite to other side.
- Cut each cheese slice into 4 strips; insert strips into openings in hot dogs.
- Wrap each hot dog with slice of bacon; secure with toothpicks.
- Place hot dogs on grill over medium heat. Cook about 10 minutes, turning often, until bacon is cooked.
- Add buns, cut sides down, to grill for last 1 to 2 minutes or until toasted.
- Place hot dogs in toasted buns.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:15.1, Inflammation Score:-3, Nutrition Score:10.38608689671%

Nutrients (% of daily need)

Calories: 356.14kcal (17.81%), Fat: 19.96g (30.71%), Saturated Fat: 7.26g (45.38%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 29.3g (10.65%), Sugar: 3.12g (3.47%), Cholesterol: 43.27mg (14.42%), Sodium: 718.98mg (31.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Selenium: 30.31µg (43.3%), Vitamin B1: 0.4mg (26.8%), Vitamin B3: 4.34mg (21.7%), Vitamin B2: 0.31mg (18.09%), Folate: 63.78µg (15.95%), Phosphorus: 158.09mg (15.81%), Iron: 2.62mg (14.58%), Manganese: 0.28mg (14.01%), Calcium: 133.2mg (13.32%), Zinc: 1.79mg (11.94%), Vitamin B12: 0.52µg (8.65%), Vitamin B6: 0.11mg (5.68%), Magnesium: 20.56mg (5.14%), Potassium: 167.65mg (4.79%), Copper: 0.09mg (4.67%), Vitamin B5: 0.39mg (3.91%), Fiber: 0.76g (3.06%), Vitamin K: 2.24µg (2.14%), Vitamin A: 93.74IU (1.87%), Vitamin E: 0.27mg (1.82%)