



## Touchdown Dogs

READY IN



20 min.

SERVINGS



20

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 oscar mayer selects uncured angus bun-length beef franks
- 0.3 cup fried onions french
- 4 poppy seed hot dog sandwich rolls
- 2 Tbsp a.1. & sauce thick hearty
- 1.5 tsp olive oil
- 2 provolone cheese halved kraft
- 1 bell pepper red cut into strips
- 1 onion red cut into half moons

# Equipment

- frying pan
- grill

# Directions

- Heat grill to medium heat.
- Grill franks 7 to 9 min. or until heated through, turning occasionally.
- Meanwhile, cook vegetables in oil in large nonstick skillet on medium heat 5 to 7 min. or until tender, stirring occasionally. Divide vegetables into 4 portions; top with cheese. Cook on low heat until melted.
- Fill rolls with franks; top with A.1., vegetable–cheese mixture and onions.

# Nutrition Facts



# Properties

Glycemic Index:7.4, Glycemic Load:2.74, Inflammation Score:-2, Nutrition Score:2.588260864434%

# Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

# Nutrients (% of daily need)

Calories: 72.75kcal (3.64%), Fat: 4.26g (6.56%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.73g (2.08%), Sugar: 1.6g (1.78%), Cholesterol: 6.35mg (2.12%), Sodium: 172.35mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin C: 8.13mg (9.86%), Selenium: 3.66µg (5.22%), Vitamin A: 203.21IU (4.06%), Vitamin B1: 0.06mg (3.69%), Phosphorus: 33.75mg (3.38%), Vitamin B12: 0.19µg (3.19%), Vitamin B3: 0.63mg (3.15%), Manganese: 0.06mg (3.14%), Folate: 12.5µg (3.13%), Calcium: 29.19mg (2.92%), Vitamin B2: 0.05mg (2.76%), Iron: 0.46mg (2.56%), Zinc: 0.34mg (2.3%), Vitamin B6: 0.04mg (1.86%), Fiber: 0.37g (1.49%), Potassium: 45.28mg (1.29%), Copper: 0.03mg (1.28%), Magnesium: 4.92mg (1.23%), Vitamin E: 0.17mg (1.14%)