



Tucson Dogs

READY IN



15 min.

SERVINGS



4

CALORIES



812 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bacon coarsely chopped
- 4 all-beef hot dog
- 1 cup chili beans sauce (from 16-oz can)
- 22 oz bread refrigerated french pillsbury® canned
- 0.5 cup mexican cheese blend crumbled (Cojita)
- 2 medium plum tomatoes sliced cut in half horizontally, (Roma)

Equipment

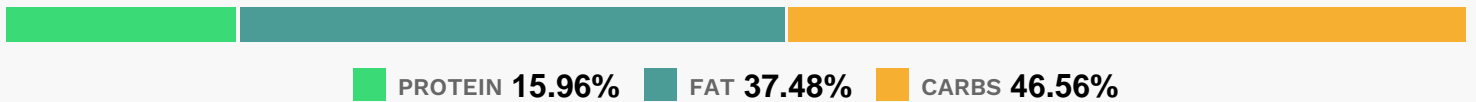
- bowl

- baking sheet
- oven
- grill
- microwave

Directions

- Heat oven to 350°F. Spray large cookie sheet with cooking spray, or grease with shortening.
- Remove dough from cans; place seam side down and 3 inches apart on cookie sheet.
- Bake 26 to 30 minutes or until deep golden brown. Cool slightly, about 25 minutes.
- Meanwhile, heat gas or charcoal grill.
- Place hot dogs on grill over medium heat. Cook uncovered 10 to 15 minutes, turning frequently, until hot.
- Place chili beans in medium microwavable bowl; cover loosely. Microwave on High 45 to 60 seconds, stirring every 30 seconds, until hot.
- Cut each loaf in half horizontally, cutting not quite all the way through.
- Cut each loaf in half crosswise, to make total of 4 smaller loaves.
- Place 1 hot dog in each loaf. Top with chili beans, bacon, tomatoes and cheese.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:62.7, Inflammation Score:-8, Nutrition Score:29.437826001126%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 811.63kcal (40.58%), Fat: 33.81g (52.02%), Saturated Fat: 12.84g (80.28%), Carbohydrates: 94.5g (31.5%), Net Carbohydrates: 88.04g (32.01%), Sugar: 12.23g (13.59%), Cholesterol: 58.02mg (19.34%), Sodium: 2140.77mg (93.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.4g (64.81%), Selenium: 58.64µg (83.76%), Vitamin

B1: 1.24mg (82.93%), Folate: 217.4µg (54.35%), Vitamin B2: 0.88mg (51.77%), Vitamin B3: 10.16mg (50.82%), Iron: 8.16mg (45.35%), Phosphorus: 435.47mg (43.55%), Manganese: 0.87mg (43.39%), Zinc: 4.7mg (31.3%), Fiber: 6.46g (25.84%), Copper: 0.49mg (24.68%), Vitamin B6: 0.48mg (24.1%), Magnesium: 94.67mg (23.67%), Calcium: 202.03mg (20.2%), Potassium: 669.48mg (19.13%), Vitamin B12: 1.06µg (17.66%), Vitamin B5: 0.85mg (8.46%), Vitamin A: 369.02IU (7.38%), Vitamin C: 5.32mg (6.45%), Vitamin E: 0.79mg (5.27%), Vitamin K: 4.14µg (3.95%), Vitamin D: 0.46µg (3.06%)