



Twin Cities Dogs

READY IN



25 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 celery stalks
- ☐ 8 oz regular crescent rolls refrigerated canned
- ☐ 1 eggs beaten
- ☐ 8 large hot dogs
- ☐ 4 servings mustard
- ☐ 1 oz individual string cheese sticks cut lengthwise into 8 strips
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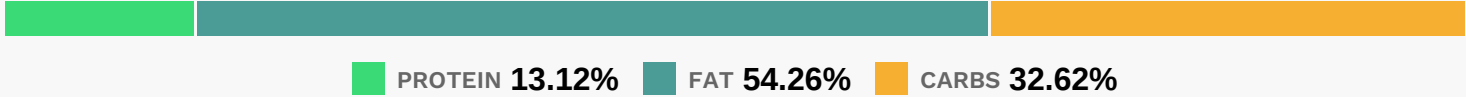
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. Slit hot dogs to within 1/2 inch of ends; insert 1 strip of mozzarella and 1 strip of Cheddar cheese into each slit.
- ☐ Separate or cut dough into 4 rectangles (if using crescent rolls, press perforations to seal).
- ☐ Place 2 hot dogs crosswise down center of each rectangle.
- ☐ Cut 1-inch-wide strips in dough on each side of hot dogs to within 1/4 inch of hot dogs. Fold strips at an angle across hot dogs, alternating from side to side.
- ☐ Place on ungreased cookie sheet, cheese side up.
- ☐ Brush top of crescent with beaten egg.
- ☐ Bake 12 to 15 minutes or until golden brown. Insert 1 stick into each hot dog.
- ☐ Garnish with ketchup and mustard.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:4.69, Inflammation Score:-2, Nutrition Score:8.6834782128749%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 481.19kcal (24.06%), Fat: 29.81g (45.86%), Saturated Fat: 11.93g (74.54%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 39.98g (14.54%), Sugar: 5.89g (6.54%), Cholesterol: 89.07mg (29.69%), Sodium: 1249.12mg (54.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.42%), Selenium: 28.96µg (41.37%), Vitamin B2: 0.31mg (18.24%), Iron: 3.13mg (17.37%), Vitamin B3: 3.41mg (17.05%), Vitamin B1: 0.23mg (15.44%), Zinc: 2mg (13.35%), Folate: 52.5µg (13.12%), Phosphorus: 118.2mg (11.82%), Vitamin B12: 0.57µg (9.43%), Vitamin B5: 0.67mg (6.71%), Manganese: 0.12mg (5.79%), Potassium: 174.88mg (5%), Calcium: 44.17mg (4.42%), Copper: 0.08mg (4.23%), Magnesium: 16.3mg (4.07%), Vitamin B6: 0.07mg (3.65%), Vitamin K: 2.45µg (2.34%),

Vitamin A: 100.85IU (2.02%), Vitamin D: 0.22µg (1.47%), Fiber: 0.34g (1.37%), Vitamin E: 0.15mg (1.03%)