



Twisted Pizza Dogs



Gluten Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup milk
- ☐ 8 oz tomato sauce canned
- ☐ 8 hot dogs
- ☐ 1 tablespoon milk
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1.8 cups frangelico

Equipment

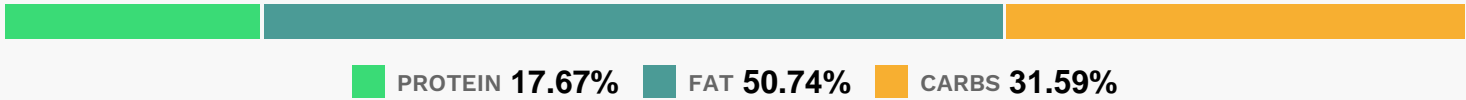
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Spray cookie sheet with cooking spray.
- ☐ In medium bowl, stir Bisquick mix, 1/3 cup milk and 2 tablespoons of the pizza sauce with fork until soft dough forms; beat 30 seconds.
- ☐ Place dough on surface dusted with Bisquick mix; roll in Bisquick mix to coat. Shape into a ball; knead 10 times.
- ☐ Roll dough into 12x8-inch rectangle.
- ☐ Cut dough lengthwise into eight 1-inch strips. Shape 1 piece of dough around each hot dog in a spiral design; seal ends if necessary.
- ☐ Place on cookie sheet.
- ☐ Brush 1 tablespoon milk over dough; sprinkle with cheese.
- ☐ Bake 10 to 12 minutes or until golden brown.
- ☐ Serve with remaining pizza sauce, heated if desired.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:3.02, Inflammation Score:-2, Nutrition Score:5.070434787999%

Nutrients (% of daily need)

Calories: 130.44kcal (6.52%), Fat: 7.5g (11.54%), Saturated Fat: 2.78g (17.34%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 10.08g (3.66%), Sugar: 1.59g (1.77%), Cholesterol: 22.78mg (7.59%), Sodium: 468.63mg (20.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.75%), Selenium: 12.76µg (18.23%), Vitamin B3: 1.97mg (9.84%), Vitamin B2: 0.17mg (9.73%), Vitamin B1: 0.12mg (8.13%), Iron: 1.34mg (7.44%), Phosphorus: 72.29mg (7.23%), Zinc: 1.07mg (7.17%), Folate: 24.68µg (6.17%), Vitamin B12: 0.32µg (5.26%), Potassium: 170.26mg (4.86%), Calcium: 40.63mg (4.06%), Vitamin B5: 0.37mg (3.71%), Manganese: 0.07mg (3.69%), Copper: 0.07mg (3.42%), Vitamin A: 153.07IU (3.06%), Magnesium: 11.98mg (3%), Vitamin B6: 0.06mg (2.93%), Vitamin E: 0.42mg (2.8%), Vitamin C: 2.03mg (2.46%), Fiber: 0.43g (1.7%)