



Veggie Garden Hot Dogs

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

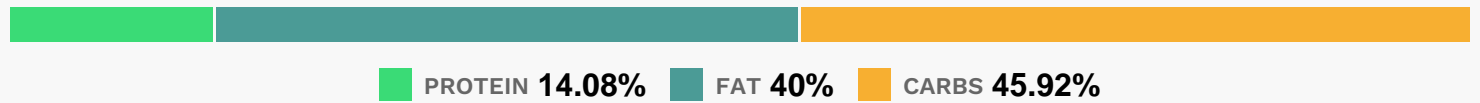
- 1 small cucumber seeded chopped
- 0.3 cup parsley fresh chopped
- 2 green onions sliced
- 8 hot dog buns
- 3 radishes coarsely chopped
- 0.3 cup ranch dressing fat free kraft
- 1 small tomatoes chopped
- 14 oz oscar mayer wieners fat free 98%

Equipment

Directions

- Cook wieners as directed on package.
- Meanwhile, combine next 5 ingredients.
- Fill buns with wieners; top with vegetable mixture and dressing.

Nutrition Facts



Properties

Glycemic Index:15.93, Glycemic Load:8.27, Inflammation Score:-3, Nutrition Score:6.3973912945746%

Flavonoids

Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 149.15kcal (7.46%), Fat: 6.63g (10.21%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 16.49g (6%), Sugar: 2.2g (2.45%), Cholesterol: 12.95mg (4.32%), Sodium: 330.64mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin K: 27.41µg (26.1%), Selenium: 13.34µg (19.06%), Vitamin B1: 0.19mg (12.97%), Vitamin B3: 2mg (9.99%), Folate: 39.56µg (9.89%), Vitamin B2: 0.15mg (8.9%), Iron: 1.54mg (8.57%), Manganese: 0.17mg (8.55%), Phosphorus: 61.53mg (6.15%), Zinc: 0.75mg (5.03%), Calcium: 44.92mg (4.49%), Vitamin C: 3.24mg (3.93%), Vitamin A: 160.11IU (3.2%), Vitamin B12: 0.19µg (3.16%), Potassium: 109.37mg (3.12%), Copper: 0.06mg (3.02%), Magnesium: 11.68mg (2.92%), Fiber: 0.64g (2.57%), Vitamin B5: 0.21mg (2.07%), Vitamin B6: 0.04mg (2.07%), Vitamin E: 0.2mg (1.35%)