



Wiener Winks

READY IN



45 min.

SERVINGS



8

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef frankfurters
- 8 slices bread
- 8 teaspoons butter
- 8 slices processed american cheese

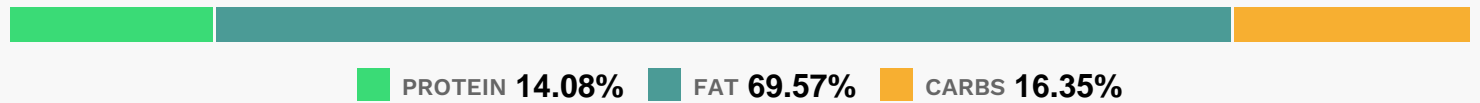
Equipment

- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Take 1 slice of bread and spread 1 teaspoon of butter on one side. Turn the bread over and place a slice of cheese on the bread.
- Place a frankfurter diagonally on the cheese. Fold bread corner to corner around the frankfurter. Insert a toothpick to hold together. Repeat steps for the remaining frankfurters.
- Bake in a preheated oven for 20 to 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:16.96, Glycemic Load:7.36, Inflammation Score:-3, Nutrition Score:9.8339130078321%

Nutrients (% of daily need)

Calories: 375.89kcal (18.79%), Fat: 29.16g (44.86%), Saturated Fat: 13.62g (85.14%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 14.29g (5.2%), Sugar: 2.99g (3.32%), Cholesterol: 63.5mg (21.17%), Sodium: 1096.67mg (47.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Selenium: 18.88µg (26.97%), Calcium: 261.32mg (26.13%), Phosphorus: 251.31mg (25.13%), Vitamin B12: 1.25µg (20.79%), Manganese: 0.35mg (17.69%), Vitamin B3: 2.88mg (14.41%), Zinc: 2.06mg (13.74%), Iron: 1.9mg (10.56%), Vitamin B2: 0.18mg (10.48%), Vitamin B1: 0.14mg (9.18%), Folate: 29.03µg (7.26%), Copper: 0.13mg (6.52%), Vitamin A: 323.96IU (6.48%), Magnesium: 24.41mg (6.1%), Fiber: 1.12g (4.48%), Vitamin B5: 0.44mg (4.44%), Vitamin B6: 0.08mg (4.17%), Potassium: 142.11mg (4.06%), Vitamin D: 0.47µg (3.11%), Vitamin E: 0.34mg (2.25%), Vitamin K: 2.27µg (2.16%)