

Taste of Home

Wiener Wraps

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce yeast dry
- 1.3 cups water (110° to 115°)
- 2 cups flour whole wheat
- 0.3 cup brown sugar packed
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1.5 cups flour all-purpose
- 8 slices processed cheese food

- 3 tablespoons catsup
- 8 hot dogs

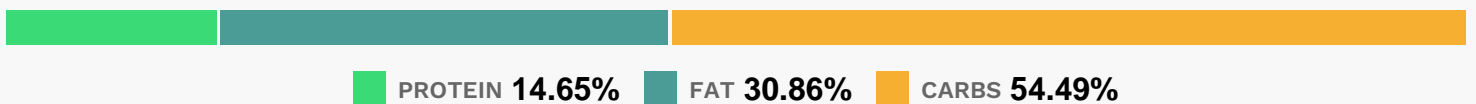
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, dissolve yeast in warm water.
- Add whole wheat flour, brown sugar, salt and vanilla; beat until smooth.
- Add enough all-purpose flour to form a soft dough. Turn onto a floured surface; knead for 6–8 minutes or until smooth and elastic. Cover and let rest 10 minutes.
- Roll into a 20x14-in. rectangle; cut into eight 7x5-in. pieces. On each piece of dough, place a slice of cheese, 1 teaspoon ketchup and a hot dog. Fold edges of dough over and press tightly to seal.
- Place on a greased baking sheet.
- Bake at 350° for 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:15.47, Inflammation Score:-5, Nutrition Score:18.329130313967%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 412.5kcal (20.62%), Fat: 14.41g (22.16%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 57.25g (19.08%), Net Carbohydrates: 53.15g (19.33%), Sugar: 8.59g (9.55%), Cholesterol: 41.25mg (13.75%), Sodium: 1005.75mg (43.73%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 15.39g (30.77%), Manganese: 1.45mg (72.25%), Selenium: 42.84µg (61.21%), Vitamin B1: 0.54mg (36.26%), Phosphorus: 318.98mg (31.9%), Folate: 101.13µg (25.28%),

Calcium: 252.13mg (25.21%), Vitamin B3: 5.01mg (25.04%), Vitamin B2: 0.39mg (22.69%), Iron: 3.45mg (19.18%), Zinc: 2.46mg (16.42%), Fiber: 4.1g (16.39%), Magnesium: 59.83mg (14.96%), Copper: 0.22mg (10.99%), Vitamin B6: 0.19mg (9.57%), Vitamin B12: 0.55µg (9.16%), Potassium: 261.61mg (7.47%), Vitamin B5: 0.73mg (7.34%), Vitamin A: 230.01IU (4.6%), Vitamin E: 0.48mg (3.18%), Vitamin K: 1.36µg (1.29%)