



Wiener's Circle Chicago Style Hot Dog

 **Gluten Free**  **Dairy Free**

READY IN



17 min.

SERVINGS



1

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 all-beef
- 1 dash celery salt
- 1 teaspoon mustard
- 1 serving sport peppers hot
- 2 large pickle wedges
- 1 tablespoon relish green
- 1 poppy seed bun steamed well
- 4 slices red-ripe plum tomatoes

1 serving steaming fresh hot chopped

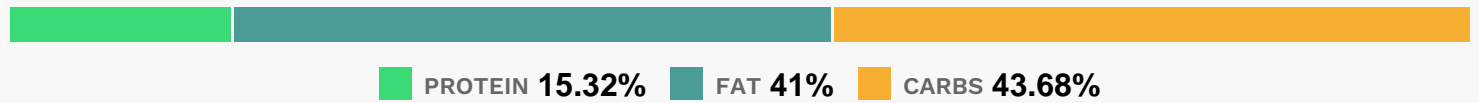
1 serving steaming fresh hot chopped

Equipment

Directions

Place char-broiled hot dog in bun. Top with mustard, relish, onions, pickles, and tomatoes. Finish it off with a dash of celery salt. Hot sport peppers are optional.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:2.55, Inflammation Score:-7, Nutrition Score:15.513913258262%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 178.12kcal (8.91%), Fat: 8.6g (13.23%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 16.22g (5.9%), Sugar: 5.09g (5.66%), Cholesterol: 20.25mg (6.75%), Sodium: 2749.05mg (119.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Vitamin C: 54.28mg (65.8%), Vitamin K: 50.15µg (47.77%), Selenium: 13.76µg (19.66%), Vitamin B1: 0.29mg (19.62%), Calcium: 181.25mg (18.13%), Vitamin B2: 0.31mg (18.1%), Fiber: 4.39g (17.58%), Manganese: 0.34mg (16.81%), Vitamin A: 776.17IU (15.52%), Potassium: 508.1mg (14.52%), Vitamin B6: 0.26mg (12.95%), Folate: 51.52µg (12.88%), Iron: 2.26mg (12.56%), Phosphorus: 120.71mg (12.07%), Vitamin B3: 2.39mg (11.95%), Magnesium: 39.86mg (9.97%), Zinc: 1.43mg (9.55%), Copper: 0.18mg (8.96%), Vitamin B5: 0.45mg (4.51%), Vitamin E: 0.6mg (4.01%), Vitamin B12: 0.23µg (3.9%)