



Wormy Weenie Sandwiches

READY IN



40 min.

SERVINGS



6

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 strips bacon chopped
- 0.5 cup barbecue sauce
- 3 medium and/or bell peppers red yellow cut into 1/4-inch-wide slices (3 cups)
- 0.3 cup chicken broth
- 0.3 cup brown sugar dark packed
- 2 cloves garlic chopped
- 14 ounce foot-long hotdogs cut into 6 strips lengthwise (8 hotdogs)
- 1 tablespoon pepper sauce hot
- 6 ounces provolone cheese

- 1 large onion red halved cut into 1/4-inch-wide slices (3 cups)
- 6 hoagie rolls split
- 1 tablespoon mustard yellow

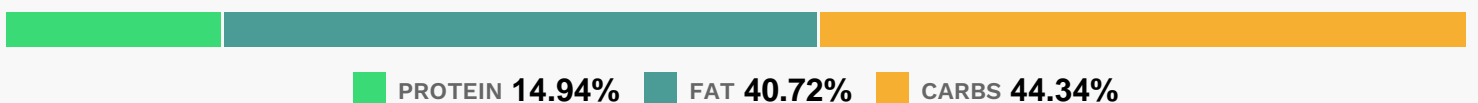
Equipment

- frying pan
- oven
- broiler

Directions

- Cook the bacon in a 12-inch nonstick skillet over medium-high heat, stirring frequently, until crisp, about 6 minutes.
- Transfer to a paper-towel-lined plate to drain.
- Cook the hot dogs in the same skillet in 2 batches over medium-high heat, stirring frequently, until curled and golden, about 3 minutes.
- Transfer to a paper-towel-lined plate to drain. Preheat the oven broiler.
- Cook the peppers and onions in the same skillet, stirring frequently, until soft, 8 minutes.
- Add the garlic and cook, stirring, until fragrant, about 30 seconds.
- Stir in the barbecue sauce, chicken broth, brown sugar, mustard and hot pepper sauce. Bring to a boil and reduce the heat to medium. Cook, stirring frequently, until the sauce begins to thicken, about 1 minute.
- Add the hot dogs and continue to cook, stirring, until coated, about 1 minute.
- Remove from the heat.
- Toast the hoagie rolls in the broiler if desired. Arrange the provolone slices in the rolls and broil 30 seconds to melt. Top with the hot dog mixture and sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:27.01, Inflammation Score:-7, Nutrition Score:19.779130557309%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 630.94kcal (31.55%), Fat: 28.7g (44.16%), Saturated Fat: 11.27g (70.42%), Carbohydrates: 70.31g (23.44%), Net Carbohydrates: 68.05g (24.75%), Sugar: 22.19g (24.65%), Cholesterol: 64.04mg (21.35%), Sodium: 1467.95mg (63.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.69g (47.38%), Vitamin C: 112.69mg (136.6%), Iron: 13.05mg (72.51%), Selenium: 27.78µg (39.69%), Calcium: 267.87mg (26.79%), Phosphorus: 267.37mg (26.74%), Vitamin B3: 4.14mg (20.7%), Vitamin B2: 0.34mg (19.85%), Zinc: 2.72mg (18.16%), Vitamin B1: 0.26mg (17.67%), Vitamin B12: 0.87µg (14.5%), Folate: 55.1µg (13.78%), Vitamin B6: 0.27mg (13.67%), Potassium: 412.29mg (11.78%), Manganese: 0.23mg (11.43%), Fiber: 2.26g (9.05%), Vitamin A: 435.94IU (8.72%), Magnesium: 33.73mg (8.43%), Copper: 0.17mg (8.37%), Vitamin B5: 0.79mg (7.91%), Vitamin E: 0.37mg (2.47%), Vitamin D: 0.23µg (1.53%), Vitamin K: 1.23µg (1.17%)