

# BLT Dog

CommunityTable.com  
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1 hot dog  
1 bun  
diced tomatoes  
crumbled bacon  
mayonnaise  
chopped romaine lettuce

Cook the hot dog according to preference.

Place cooked hot dog into the bun.

Top the hot dog with all of the toppings.

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Per Serving (excluding unknown items): 182 Calories; 17g Fat (82.6% calories from fat); 6g Protein; 1g Carbohydrate; 0g Dietary Fiber; 29mg Cholesterol; 638mg Sodium. Exchanges: 1 Lean Meat; 2 1/2 Fat.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	182	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.6%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	17g	Folacin (mcg):	2mcg
Saturated Fat (g):	6g	Niacin (mg):	2mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	29mg	% Refuse:	0.0%
Carbohydrate (g):	1g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	1
Sodium (mg):	638mg	Vegetable:	0
Potassium (mg):	95mg	Fruit:	0
Calcium (mg):	6mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	15mg		

