

Garden Hot Dog

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Servings: 1

1 hot dog, grilled or cooked
1/4 cup cider vinegar
3 tablespoons sugar
1 clove garlic, minced
1/2 small yellow bell pepper, chopped
1/2 small green bell pepper, chopped
1/2 small orange bell pepper,
chopped
softened cream cheese
chopped tomatoes
1 hot dog bun

In a bowl, whisk together the vinegar, sugar and garlic.

Add the yellow, green and orange peppers.

Chill for one hour, stirring occasionally.

Place the hot dog in the bun.

Spread cream cheese down one side of the hot dog.

Cover with the pepper mixture.

Spread chopped tomatoes on top.

Serve.

Per Serving (excluding unknown items): 496 Calories; 19g Fat (33.8% calories from fat); 11g Protein; 73g Carbohydrate; 3g Dietary Fiber; 29mg Cholesterol; 883mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 3 Fat; 3 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	496	Vitamin B6 (mg):	.4mg
% Calories from Fat:	33.8%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	57.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	9.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	19g	Folacin (mcg):	43mcg
Saturated Fat (g):	7g	Niacin (mg):	4mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

Cholesterol (mg):	29mg
Carbohydrate (g):	73g
Dietary Fiber (g):	3g
Protein (g):	11g
Sodium (mg):	883mg
Potassium (mg):	460mg
Calcium (mg):	59mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	178mg
Vitamin A (i.u.):	518IU
Vitamin A (r.e.):	52RE

% Daily Value 0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	3

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 496 Calories from Fat: 167

% Daily Values*

Total Fat 19g	29%
Saturated Fat 7g	33%
Cholesterol 29mg	10%
Sodium 883mg	37%
Total Carbohydrates 73g	24%
Dietary Fiber 3g	11%
Protein 11g	
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Vitamin A	10%
Vitamin C	297%
Calcium	6%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.