

Memphis-Style BBQ Dogs

KraftRecipes.com
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Servings: 4

4 slices bacon
4 Oscar Mayer Selects beef franks
4 hot dog buns
1/4 cup Bulls-Eye Memphis style barbecue sauce
2 green onions, sliced
1/4 cup Kraft Cheddar cheese, finely shredded

Heat the grill to medium heat.

Wrap the bacon tightly around the franks.

Grill for 10 to 12 minutes or until the bacon is crisp and the franks are heated through, turning frequently. Add the buns to the grill for the last minute to toast until golden brown.

Place the franks in the buns. Top with barbecue sauce, onions and cheese.

Per Serving (excluding unknown items): 162 Calories; 5g Fat (30.0% calories from fat); 6g Protein; 22g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 343mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	162	Vitamin B6 (mg):	trace
% Calories from Fat:	30.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	55.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	17mcg
Saturated Fat (g):	2g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Daily Value*	n n%
Carbohydrate (g):	22g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1 1/2
Protein (g):	6g	Lean Meat:	1/2

Sodium (mg): 343mg
Potassium (mg): 112mg
Calcium (mg): 38mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 29IU
Vitamin A (r.e.): 3RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 162 **Calories from Fat:** 49

% Daily Values*

Total Fat 5g	8%
Saturated Fat 2g	8%
Cholesterol 5mg	2%
Sodium 343mg	14%
Total Carbohydrates 22g	7%
Dietary Fiber 1g	5%
Protein 6g	

Vitamin A	1%
Vitamin C	6%
Calcium	4%
Iron	9%

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