

Mexi-Dog Rollups

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Servings: 4

4 whole wheat soft taco size low carb tortillas (or 4 whole wheat hot dog buns)

4 reduced fat all beef hot dogs

1 cup fat-free refried beans

1/2 cup reduced fat Mexican cheese blend

1/2 cup pico de gallo (tomatoes, onions, cilantro, jalapenos)

1 large avocado, slightly mashed salt (to taste)

pepper (to taste)

Begin by slicing, pitting and dicing the avocado.

Warm the hot dogs according to package directions.

Heat the beans and tortillas until warm.

Build each dog by spreading 1/4 cup of refried beans on one tortilla.

Sprinkle two tablespoons of the cheese blend on top of the beans.

Place a hot dog in the center of the tortilla (or bun).

Top with two tablespoons of pico de gallo and one-fourth of the mashed avocado.

Roll up the tortilla and serve.

Per Serving (excluding unknown items): 123 Calories; 8g Fat (53.3% calories from fat); 3g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 217mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 1 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	123	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	36.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	31mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 12g
Dietary Fiber (g): 2g
Protein (g): 3g
Sodium (mg): 217mg
Potassium (mg): 483mg
Calcium (mg): 18mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 319IU
Vitamin A (r.e.): 32RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 123 Calories from Fat: 66

% Daily Values*

Total Fat	8g	12%
	Saturated Fat 1g	6%
Cholesterol	0mg	0%
Sodium	217mg	9%
Total Carbohydrates	12g	4%
	Dietary Fiber 2g	10%
Protein	3g	
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Vitamin A		6%
Vitamin C		7%
Calcium		2%
Iron		8%

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