

Sour Cream and Onion Hot Dog

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Servings: 1

1 hot dog, grilled or cooked
2 Vidalia onions (about 10 ounces),
thinly sliced
2 tablespoons butter
sour cream
crumbled bacon
1 hot dog bun

In a skillet over medium heat, cook the onions in butter until caramelized, about 20 minutes, stirring frequently.

Place the hot dog in the bun.

Cover with caramelized onions.

Spread sour cream over the onions.

Top with bacon crumbles.

Serve.

Per Serving (excluding unknown items): 509 Calories; 42g Fat (73.8% calories from fat); 10g Protein; 23g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 1113mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 7 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	509	Vitamin B6 (mg):	.1mg
% Calories from Fat:	73.8%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	18.1%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	8.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	42g	Folacin (mcg):	15mcg
Saturated Fat (g):	21g	Niacin (mg):	3mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	91mg	% Refuse:	n n%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1 1/2

Protein (g): 10g
Sodium (mg): 1113mg
Potassium (mg): 163mg
Calcium (mg): 45mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 867IU
Vitamin A (r.e.): 214 1/2RE

Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 509 **Calories from Fat:** 375

% Daily Values*

Total Fat	42g	64%
	Saturated Fat 21g	105%
Cholesterol	91mg	30%
Sodium	1113mg	46%
Total Carbohydrates	23g	8%
	Dietary Fiber 1g	5%
Protein	10g	

Vitamin A	17%
Vitamin C	25%
Calcium	4%
Iron	11%

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