

# Southern Hot Dog

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## Servings: 1

1 hot dog, grilled or cooked  
1/4 cup mayonnaise  
1/4 cup (about 1-1/2 ounces) jarred  
diced pimientos  
4 ounces sharp Cheddar cheese, grated  
chopped pickles  
barbecue sauce  
1 hot dog bun

In a bowl, combine the mayonnaise and pimientos.

Stir in the Cheddar cheese.

Place the cooked hot dog on a bun.

Cover with pimiento cheese mixture.

Add chopped pickles to taste.

Add barbecue sauce to taste.

Serve.

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Per Serving (excluding unknown items): 1033 Calories; 101g Fat (85.6% calories from fat); 35g Protein; 3g Carbohydrate; 0g Dietary Fiber; 167mg Cholesterol; 1655mg Sodium. Exchanges: 5 Lean Meat; 11 1/2 Fat.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	1033
% Calories from Fat:	85.6%
% Calories from Carbohydrates:	1.1%
% Calories from Protein:	13.3%
Total Fat (g):	101g
Saturated Fat (g):	37g
Monounsaturated Fat (g):	31g
Polyunsaturated Fat (g):	25g
Cholesterol (mg):	167mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	1.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	27mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

## Food Exchanges

**Dietary Fiber (g):** 0g  
**Protein (g):** 35g  
**Sodium (mg):** 1655mg  
**Potassium (mg):** 225mg  
**Calcium (mg):** 834mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 15mg  
**Vitamin A (i.u.):** 1355IU  
**Vitamin A (r.e.):** 391 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 5  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 11 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 1

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### Amount Per Serving

**Calories** 1033 Calories from Fat: 885

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#### % Daily Values\*

<b>Total Fat</b>	101g	155%
	Saturated Fat 37g	183%
<b>Cholesterol</b>	167mg	56%
<b>Sodium</b>	1655mg	69%
<b>Total Carbohydrates</b>	3g	1%
	Dietary Fiber 0g	0%
<b>Protein</b>	35g	

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<b>Vitamin A</b>	27%
<b>Vitamin C</b>	25%
<b>Calcium</b>	83%
<b>Iron</b>	9%

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