

Taco Dog II

RedbookMag.com

Servings: 1

1 grilled hot dog
1 frankfurter bun
fresh corn , off the cob
guacamole salsa
pickled jalapeno slices

Grill one hot dog

Place the hot dog in a bun.

Add condiments to taste.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Sandwiches

Per Serving Nutritional Analysis

| | |
|--------------------------------|------|
| Calories (kcal): | 0 |
| % Calories from Fat: | 0.0% |
| % Calories from Carbohydrates: | 0.0% |
| % Calories from Protein: | 0.0% |
| Total Fat (g): | 0g |
| Saturated Fat (g): | 0g |
| Monounsaturated Fat (g): | 0g |
| Polyunsaturated Fat (g): | 0g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 0g |
| Dietary Fiber (g): | 0g |
| Protein (g): | 0g |
| Sodium (mg): | 0mg |
| Potassium (mg): | 0mg |
| Calcium (mg): | 0mg |
| Iron (mg): | 0mg |
| Zinc (mg): | 0mg |
| Vitamin C (mg): | 0mg |
| Vitamin A (i.u.): | 0IU |

| | |
|---------------------|------|
| Vitamin B6 (mg): | 0mg |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | 0mg |
| Riboflavin B2 (mg): | 0mg |
| Folacin (mcg): | 0mcg |
| Niacin (mg): | 0mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

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

Vitamin A (r.e.):

0RE

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 0 **Calories from Fat:** 0

% Daily Values*

| | |
|-------------------------------|----|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrates 0g | 0% |
| Dietary Fiber 0g | 0% |
| Protein 0g | |

| | |
|------------------|----|
| Vitamin A | 0% |
| Vitamin C | 0% |
| Calcium | 0% |
| Iron | 0% |

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