

Taco Dog

CommunityTable.com
Relish Magazine - August 2015

1 hot dog
1 bun
chopped tomato
diced onion
diced avocado
pepper jack cheese, shredded
crumbled tortilla chips

Cook the hot dog according to preference.

Place cooked hot dog into the bun.

Top the hot dog with all of the toppings.

Per Serving (excluding unknown items): 182 Calories; 17g Fat (82.6% calories from fat); 6g Protein; 1g Carbohydrate; 0g Dietary Fiber; 29mg Cholesterol; 638mg Sodium. Exchanges: 1 Lean Meat; 2 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	182	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.6%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	17g	Folacin (mcg):	2mcg
Saturated Fat (g):	6g	Niacin (mg):	2mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	29mg	% Refuse:	0 0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	1
Sodium (mg):	638mg	Vegetable:	0
Potassium (mg):	95mg	Fruit:	0
Calcium (mg):	6mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0

Vitamin C (mg): 15mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Nutrition Facts

Amount Per Serving

Calories 182 Calories from Fat: 151

% Daily Values*

Total Fat	17g		26%
Saturated Fat	6g		31%
Cholesterol	29mg		10%
Sodium	638mg		27%
Total Carbohydrates	1g		0%
Dietary Fiber	0g		0%
Protein	6g		
<hr/>			
Vitamin A			0%
Vitamin C			25%
Calcium			1%
Iron			4%

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