

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

<b>Yield</b>	1	Hot Dog	<b>Prep</b>
<b>Portion</b>	1	servings	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

<b>Nutrition Facts</b>	
Serving Size 1 servings	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 408 <b>Calories From Fat</b> 188	
% Daily Value	
<b>Total Fat</b> 21g	31%
Saturated Fat 8g	34%
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 2187mg	91%
<b>Total Carbohydrates</b> 36g	12%
Dietary Fiber 3g	13%
<b>Protein</b> 16g	
Vitamin A 14%	Vitamin C 25%
Calcium 4%	Iron 21%
* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrition Descriptors**

High in Vitamin C  
High in Iron  
High in Protein  
Good Source of Vitamin A  
Good Source of Carbohydrates  
Good Source of Fiber