

# Hot dog

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48294
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536
FRANKS BEEF PORK RLLR 8/	1 Each		154792

## Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Heat in steamer 10-12 minutes, until internal temp reaches 155F.

Assembly: Place 1 frank in hot dog bun.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	182.56
<b>Fat</b>	17.03g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	583.95mg
<b>Carbohydrates</b>	2.44g
<b>Fiber</b>	0.05g
<b>Total Sugar</b>	1.07g
<b>Added Sugar</b>	1.07g
<b>Protein</b>	6.09g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 8.94mg	<b>Iron</b> 0.61mg

## Nutrition - Per 100g

No 100g Conversion Available