



Healthdor

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Chili Dog

A classic American dish consisting of a hot dog topped with chili con carne and various other condiments.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

4 pieces	Hot Dog Buns
4 pieces	hot dogs
400 g	canned chili
100 g	Cheddar Cheese
50 g	Onions

30 g	mustard
30 g	ketchup

Directions

Step 1

Grilling

Preheat the grill or stovetop grill pan.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill the hot dogs until heated through and lightly charred.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Stove

Heat the canned chili in a saucepan over medium heat.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Place a grilled hot dog in each bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Top each hot dog with chili, cheddar cheese, onions, mustard, and ketchup.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	4 iu	0.44%	0.57%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Events

Picnic

Game Day

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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