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## All Beef Chili Cheese Dog on a Pretzel Bun ♦♦

This recipe is a classic American favorite, featuring a juicy all beef hot dog topped with flavorful chili and melted cheese, served on a soft and salty pretzel bun. It's the perfect combination of savory and indulgent, and is sure to satisfy any craving.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

400 g	all beef hot dogs
400 g	pretzel buns
200 g	Chili
200 g	Cheese

# Directions

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## Step 1

Grilling

Preheat the grill or stovetop griddle to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Grilling

Grill the hot dogs for 8-10 minutes, or until heated through and slightly charred.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 3

Oven

While the hot dogs are grilling, warm the pretzel buns in the oven or on the grill for 2-3 minutes.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 4

Place each grilled hot dog in a warmed pretzel bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Top each hot dog with a generous amount of chili and melted cheese.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Serve immediately and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 500 kcal

**Fat:** 25 g

**Protein:** 20 g

**Carbohydrates: 40 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1500 mg	65.22%	65.22%
Calcium	200 mg	20%	20%
Iron	3 mg	37.5%	16.67%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

# Recipe Attributes

## Meal Type

Lunch Dinner Snack Supper

## Events

Picnic Game Day

## Cuisines

American

## Course

Main Dishes Salads Snacks

## Cultural

Chinese New Year Easter

## Cost

Under \$10

## Demographics

Kids Friendly Teen Friendly Lactation Friendly Allergy Friendly

Heart Healthy

## Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet The F-Plan Diet

## Cooking Method

Frying

## Difficulty Level

Medium

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