

1 hot dog 1 hun diced tomatoes crumbled bacon mayonnaise chopped romaine lettuce 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

Bar Sarving Nutritianal 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): % Pofuso:	0 ^ ^%
Cholesterol (mg):	29mg		
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	
Vitamin A	0%
Vitamin C	25%
Calcium	1%
Iron	4%

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