

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):<br>% Pofuso: | 0<br>^ ^% |
| 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.