

# Hot Dog Chowder

*Paula Macri - Gattuso's Bella Cucina*  
*Scripps Treasure Coast Newspapers*

1 tablespoon butter  
1 large onion, chopped  
1 large carrot, shredded  
14 ounces chicken broth  
1 teaspoon parsley flakes  
1 package (10 ounce) cauliflower with  
cheese sauce  
1 cup milk  
1/4 cup flour  
6 hot dogs, sliced thick  
salt and pepper (to taste)  
8 ounces cheddar cheese, room  
temperature

In a large saucepan, mix together the butter, onion, carrot, chicken broth, parsley and cauliflower with cheese sauce.

Cook over medium heat for 15 to 20 minutes until the vegetables soften.

Add the hot dogs and heat together.

Sprinkle the cheddar cheese over the top just before serving, if desired.

Per Serving (excluding unknown items): 2509 Calories; 197g Fat (71.0% calories from fat); 116g Protein; 65g Carbohydrate; 5g Dietary Fiber; 473mg Cholesterol; 6766mg Sodium. Exchanges: 1 1/2 Grain(Starch); 14 Lean Meat; 3 Vegetable; 1 Non-Fat Milk; 29 Fat.

## Soups, Chili and Stews

## Der Serving Nutritional Analysis

Calories (kcal):	2509
% Calories from Fat:	71.0%
% Calories from Carbohydrates:	10.4%
% Calories from Protein:	18.6%
Total Fat (g):	197g
Saturated Fat (g):	98g
Monounsaturated Fat (g):	75g
Polyunsaturated Fat (g):	13g
Cholesterol (mg):	473mg
Carbohydrate (g):	65g
Dietary Fiber (g):	5g

Vitamin B6 (mg):	.9mg
Vitamin B12 (mcg):	7.6mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	1.9mg
Folic acid (mcg):	115mcg
Niacin (mg):	17mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n/a%

Food Exchanges	
Grain (Starch):	1 1/2

**Protein (g):** 116g  
**Sodium (mg):** 6766mg  
**Potassium (mg):** 1948mg  
**Calcium (mg):** 2030mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 15mg  
**Vitamin C (mg):** 105mg  
**Vitamin A (i.u.):** 23396IU  
**Vitamin A (r.e.):** 2946RE

**Lean Meat:** 14  
**Vegetable:** 3  
**Fruit:** 0  
**Non-Fat Milk:** 1  
**Fat:** 29  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b> 2509	Calories from Fat: 1781
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### % Daily Values\*

<b>Total Fat</b> 197g	304%
Saturated Fat 98g	488%
<b>Cholesterol</b> 473mg	158%
<b>Sodium</b> 6766mg	282%
<b>Total Carbohydrates</b> 65g	22%
Dietary Fiber 5g	20%
<b>Protein</b> 116g	
<b>Vitamin A</b>	468%
<b>Vitamin C</b>	175%
<b>Calcium</b>	203%
<b>Iron</b>	47%

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