(5) 3.2oz. BLACK ANGUS BEEF HOT DOGS

Nutrition Facts

5 servings per container
Serving Size 1 link (90g/3.2oz)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 25g	**32%**
Saturated Fat 11g	**55%**
Trans Fat 1g	
Cholesterol 45mg	**15%**
Sodium 930mg	**40%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 13g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 177mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beef, Water, Salt, Flavorings, Sodium Phosphate, Paprika, Spices, Sodium Erythorbate, Sodium Nitrite.

Preparation Instructions

HEAT UNTIL THE INTERNAL TEMPERATURE HAS REACHED 160˚F.

GRILL: When grilling use direct and indirect heat, whether using gas, charcoal or wood fire grill the technique is the same. Sear the meat over direct heat. Then place over indirect heat for the remainder of the cooking time.

PAN FRY: In a pan using medium heat, pan fry the hot dogs till golden brown and warm inside.

STOVE TOP: Place hot dogs in saucepan of boiling water. Return to boil, cover. Remove from heat; let stand 7 minutes.

MICROWAVE: Place hot dogs in bun; wrap in paper towel. Microwave on HIGH 30-40 seconds.