



Loaded Bacon-Wrapped Hot Dogs



1/4th of recipe (1 loaded hot dog): 199 calories, 6.5g total fat (1g sat. fat), 876mg sodium, 27.5g carbs, 6.5g fiber, 6g sugars, 12.5g protein

Prep: 10 minutes **Cook:** 15 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#), [30 Minutes or Less](#)

Ingredients

- 4 hot dogs with about 40 calories and 1g fat or less each
- 4 slices turkey bacon or center-cut bacon
- 1 cup sliced onion
- 1 cup sliced red bell pepper
- 1 jalapeño pepper, seeded and sliced into strips (not rings)
- 2 tbsp. light mayonnaise
- 4 light hot dog buns (80 calories each)
- 4 tsp. yellow mustard

Directions

Carefully break 4 toothpicks in half. Wrap each hot dog in a slice of bacon and secure with a toothpick half at each end. Set aside.

Bring a large skillet or grill pan sprayed with nonstick spray to medium-high heat on the stove.

Add onion, bell pepper, and jalapeño pepper and cook until softened, about 4 minutes. Remove from the skillet/pan and set aside.

Remove the skillet/pan from heat, re-spray, and bring to medium heat. Add bacon-wrapped hot dogs and cook until bacon is crisp and fully cooked and hot dogs are heated through, about 6 minutes, rotating the hot dogs several times to evenly cook the bacon. Set aside.

Evenly spread mayo inside the buns. Remove toothpicks from the hot dogs and place a bacon-wrapped dog in each bun. Top each dog with 1 tsp. of mustard.

Evenly distribute veggie mixture among the dogs. Eat up!

MAKES 4 SERVINGS

HG Alternative: Can't locate any 80-calorie light hot dog buns? Just get the lowest-calorie buns you can find, and adjust the calorie count of this recipe accordingly.

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