



## 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

**Blue Plan (Freestyle™) SmartPoints®** value 5\*

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



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

### 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.

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.