

Hot Dog Wraps

Nutrition Facts	
Serving Size 150 g	
Amount Per Serving	
Calories 517	Calories from Fat 332
% Daily Value*	
Total Fat 36.9g	57%
Saturated Fat 13.9g	70%
Cholesterol 56mg	19%
Sodium 856mg	36%
Total Carbohydrates 29.9g	10%
Dietary Fiber 1.3g	5%
Sugars 2.3g	
Protein 17.0g	
Vitamin A 18%	
Vitamin C 0%	
Calcium 37%	
Iron 16%	
Nutrition Grade B- Based on a 2000 calorie diet	

Ingredients:

1 Hot Dog/Group Member
1 Slice Processed Cheese/Group Member
Mustard

Ingredients for Dough:

250 ml all-purpose flour
10 ml baking powder
1 ml salt
65 ml firm margarine or shortening
100 ml milk

Makes enough dough for approximately 3-4 people.

Method:

1. Preheat oven to 425°F
2. In a medium saucepan **boil** wieners.
3. **Sift** dry ingredients into a mixing bowl.
4. **Cut in** firm margarine with a pastry blender until the mixture has the appearance of fine crumbs.
5. Add milk, a small amount at a time to the dry mixture, **stirring** with a fork until the dough forms a ball around the fork.
6. Turn dough out onto a lightly **floured** counter and **knead** gently 8 to 10 times.
7. Pat or **roll** dough into a 1.5 to 2 cm thick circle.
8. Cut dough into squares approximately 10 cm big. **The cut diagonally to form triangles.**
9. Place a slice of processed cheese on dough.
10. Add a small amount of mustard.
11. Place hot dog on top. Roll dough around the hot dog.
12. Bake at 425°F for 12 to 15 minutes.