

# New Jersey Italian Hot Dog

Yield: 5 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/jersey-italian-hot-dog-recipe>

## Ingredients:

- 1/4 cup olive oil
- salt
- 2 pounds potatoes peeled and cut into 1/2 inch chunks
- 2 green peppers medium, sliced into strips
- 1 white onion or large yellow, sliced into strips
- 1 teaspoon italian seasoning or a mixture of oregano, basil and rosemary
- 8 beef hot dogs preferably with natural casings
- 4 sandwich buns
- mustard

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 40 milligrams
4. Fat: 34 grams
5. Fiber: 6 grams
6. Protein: 16 grams
7. SaturatedFat: 11 grams
8. Sodium: 1190 milligrams
9. Sugar: 8 grams

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