



## Cold Dog Slaw



1/4th of recipe (about 1 1/4 cups): 96 calories, 1g total fat (0g sat fat), 806mg sodium, 13.5g carbs, 4g fiber, 4.5g sugars, 8g protein

**Green Plan [SmartPoints](#)® value 1\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 5 minutes    **Cook:** 10 minutes



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

## Ingredients

3/4 cup chopped onion  
4 hot dogs with about 40 calories and 1g fat or less each, chopped  
1 1/2 tbsp. Hellmann's/Best Foods Dijonnaise  
1 1/2 tbsp. yellow mustard  
One 12-oz. bag (4 cups) broccoli cole slaw  
3/4 cup sauerkraut

## Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until softened, about 5 minutes.

Add chopped hot dogs. Cook and stir until slightly browned, about 5 more minutes.

Transfer to a large bowl and let cool.

Meanwhile, in a small bowl, mix Dijonnaise with mustard.

Add broccoli slaw and sauerkraut to the large bowl, and mix well. Add mustard mixture, and toss to coat.

**MAKES 4 SERVINGS**

**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.