

Costco Hot Dog Nutrition Profile

Overview

Item: ¼-lb hot dog with bun (Costco Food Court combo)

Serving Size: ~200-203 g

Calories: ~575 kcal (varies by source)

Macronutrients (per serving)

- Total Fat: 32-34.5 g
 - Saturated: 12-12.5 g
 - Trans Fat: ~1 g
- Carbohydrates: 42-46 g
 - Fiber: ~1-3 g
 - Sugars: 7-11 g
- Protein: 23-24 g
- Cholesterol: ~85 mg
- Sodium: 1620-1800 mg

Calorie Breakdown

- Fat: 51%
- Carbohydrates: 32%
- Protein: 17%

Micronutrients

- Calcium: ~80-104 mg
- Iron: 4-5 mg
- Potassium: 128-316 mg
- Vitamin A & C: Trace
- Phosphorus, Selenium, Zinc: Present

Health Considerations

- High in sodium (~70-78% DV)

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- Contains saturated and trans fats
- Processed meat - recommended to consume in moderation
- Provides protein, vitamin B12, phosphorus, selenium, and zinc

Fun Facts & Context

- The \$1.50 hot dog + soda combo has been sold since 1985
- It's considered a loss leader to drive store traffic
- A TikToker ate 29 hot dogs in a week - over 16,000 kcal!

References

- Wikipedia: https://en.wikipedia.org/wiki/Costco_hot_dog
- FatSecret: <https://www.fatsecret.com/calories-nutrition/costco/hot-dog>
- MyFoodDiary: <https://www.myfooddiary.com/foods/1063197>
- CalorieKing: <https://www.calorieking.com>
- Business Insider, GQ, Reddit sources