



Anchorage Dogs

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 hardboiled eggs sliced cut in half
- 0.3 cup horseradish prepared
- 8 hotdog buns split toasted
- 8 hot dogs smoked cooked
- 2 tablespoons mustard coarse-grained
- 8 servings bell pepper
- 1 cup potato salad

Equipment

grill

Directions

Heat gas or charcoal grill.

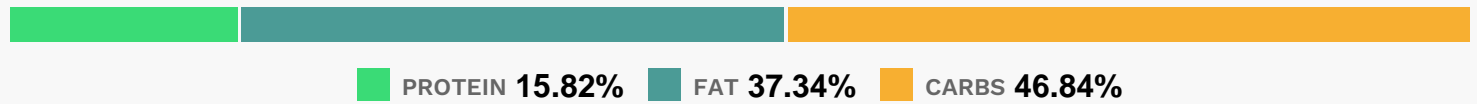
Place bratwurst on grill over medium heat. Cook uncovered 10 to 15 minutes, turning frequently, until hot.

Mix horseradish and mustard; spread about 1 tablespoon mixture on cut side of each toasted bun bottom.

Place brats on buns. Top with potato salad and egg slices.

Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:18.3, Inflammation Score:-9, Nutrition Score:21.104782622793%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 342.8kcal (17.14%), Fat: 14.33g (22.05%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 37.31g (13.57%), Sugar: 8.7g (9.67%), Cholesterol: 118.81mg (39.6%), Sodium: 727.29mg (31.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.33%), Vitamin C: 98.09mg (118.9%), Vitamin A: 2516.77IU (50.34%), Selenium: 33.49µg (47.85%), Folate: 115.87µg (28.97%), Vitamin B1: 0.41mg (27.55%), Vitamin B2: 0.45mg (26.67%), Vitamin B3: 4.5mg (22.48%), Manganese: 0.43mg (21.35%), Iron: 3.38mg (18.81%), Phosphorus: 172.78mg (17.28%), Vitamin B6: 0.34mg (17.02%), Fiber: 3.14g (12.58%), Zinc: 1.86mg (12.38%), Vitamin E: 1.78mg (11.84%), Potassium: 405.95mg (11.6%), Vitamin B12: 0.62µg (10.31%), Calcium: 100.96mg (10.1%), Vitamin K: 10.39µg (9.89%), Vitamin B5: 0.98mg (9.76%), Magnesium: 35.58mg (8.89%), Copper: 0.12mg (5.86%), Vitamin D: 0.58µg (3.88%)