



Anchorage Dogs

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

grill

Directions

Heat gas or charcoal grill.

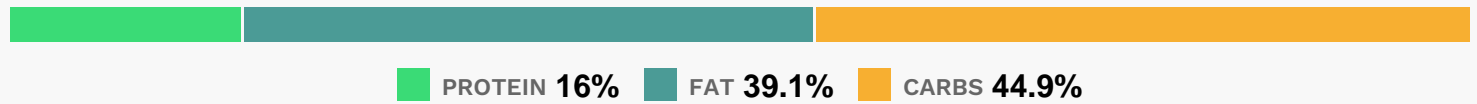
Place bratwurst on grill over medium heat. Cook uncovered 10 to 15 minutes, turning frequently, until hot.

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:17.48, Inflammation Score:-5, Nutrition Score:13.222608732141%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 325.85kcal (16.29%), Fat: 14.14g (21.75%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 34.75g (12.64%), Sugar: 5.96g (6.63%), Cholesterol: 118.81mg (39.6%), Sodium: 724.68mg (31.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.04%), Selenium: 33.43µg (47.76%), Vitamin B1: 0.38mg (25.2%), Vitamin B2: 0.4mg (23.41%), Folate: 85.88µg (21.47%), Vitamin B3: 3.86mg (19.29%), Vitamin C: 14.65mg (17.76%), Manganese: 0.35mg (17.69%), Iron: 3.1mg (17.25%), Phosphorus: 155.83mg (15.58%), Zinc: 1.69mg (11.3%), Vitamin B12: 0.62µg (10.31%), Calcium: 96.4mg (9.64%), Vitamin A: 475.75IU (9.51%), Vitamin B5: 0.77mg (7.7%), Potassium: 268.4mg (7.67%), Vitamin B6: 0.15mg (7.53%), Fiber: 1.78g (7.1%), Magnesium: 27.75mg (6.94%), Vitamin K: 7.19µg (6.85%), Copper: 0.11mg (5.31%), Vitamin E: 0.75mg (4.97%), Vitamin D: 0.58µg (3.88%)