



Asian Slaw Dogs

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz all-beef hot dog
- ☐ 12 oz broccoli slaw
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 inch ginger fresh
- ☐ 0.3 cup hoisin sauce divided
- ☐ 8 hotdog buns
- ☐ 2 tablespoons juice of lime
- ☐ 0.7 cup mayonnaise

- ☐ 1 sprigs japanese ramen noodles fresh crumbled
- ☐ 0.5 teaspoon salt

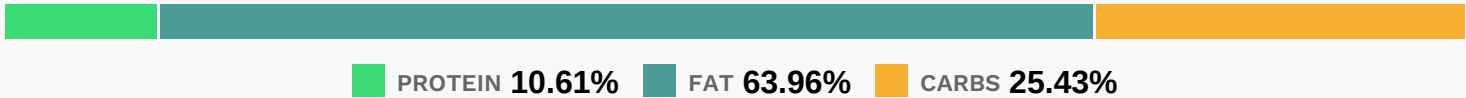
Equipment

- ☐ bowl
- ☐ grill
- ☐ box grater

Directions

- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Brush hot dogs with 2 Tbsp. hoisin sauce.
- ☐ Grill hot dogs, covered with grill lid, 6 to 8 minutes or to desired degree of doneness, turning occasionally. Grill buns, split sides down, covered with grill lid, 1 minute or until grill marks appear.
- ☐ Grate ginger using the large holes of a box grater to equal 2 Tbsp. Squeeze juice from grated ginger into a medium bowl; discard solids.
- ☐ Add mayonnaise, next 3 ingredients, and remaining 2 Tbsp. hoisin sauce, stirring to combine.
- ☐ Add slaw, tossing to coat.
- ☐ Serve grilled hot dogs in buns with slaw mixture and desired toppings.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:12.9, Inflammation Score:-5, Nutrition Score:13.993478350017%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 466.03kcal (23.3%), Fat: 33.27g (51.19%), Saturated Fat: 9.7g (60.59%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 28.67g (10.43%), Sugar: 6.58g (7.31%), Cholesterol: 39.85mg (13.28%), Sodium: 1208.81mg (52.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.83%), Vitamin C: 41.55mg (50.36%), Vitamin K: 32.85µg (31.29%), Selenium: 19.98µg (28.55%), Folate: 77.42µg (19.35%), Vitamin B1: 0.28mg (18.87%), Manganese: 0.38mg (18.85%), Vitamin B3: 3.49mg (17.43%), Vitamin B12: 1.03µg (17.2%), Phosphorus: 159.47mg (15.95%), Iron: 2.75mg (15.28%), Vitamin B2: 0.26mg (15.17%), Zinc: 1.79mg (11.96%), Calcium: 92.8mg (9.28%), Potassium: 297.41mg (8.5%), Copper: 0.17mg (8.44%), Magnesium: 31.89mg (7.97%), Vitamin B6: 0.15mg (7.47%), Vitamin E: 0.77mg (5.15%), Fiber: 1.1g (4.39%), Vitamin B5: 0.4mg (4.03%), Vitamin A: 191.81IU (3.84%), Vitamin D: 0.38µg (2.52%)