



Bacon-Wrapped Hot Dogs with Avocado, Tomato, Onion, Mayonnaise, and Potato Chips

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



2863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced
- 1 cup cilantro leaves fresh chopped
- 8 hotdog buns steamed toasted
- 8 hot dogs
- 3 jalapeno diced
- 8 servings kosher salt
- 1 tablespoon juice of lime

- 1 cup mayonnaise
- 2 quarts vegetable oil; peanut oil preferred
- 1 small bag potato chips crushed
- 8 strips bacon thick-cut
- 1 large tomatoes diced
- 1 small onion diced white

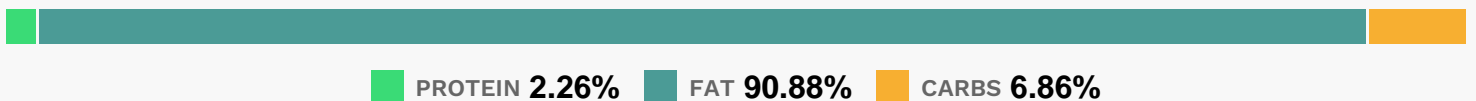
Equipment

- bowl
- paper towels
- toothpicks
- wok
- dutch oven
- deep fryer

Directions

- Wrap each hot dog with bacon in a spiral pattern, securing ends of bacon with toothpicks. In a deep fryer, wok, or Dutch oven, heat peanut oil to 350°F.
- Add hot dogs and cook until bacon is crisp, about 4 minutes.
- Transfer to a paper towel-lined plate.
- Combine avocado, onion, tomato, jalapeño, and lime juice in a medium bowl. Season to taste with salt and toss gently to combine.
- Top hot dogs with mayonnaise, avocado mixture, crushed chips, and cilantro.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:15.79, Inflammation Score:-7, Nutrition Score:24.747391249823%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 2862.89kcal (143.14%), Fat: 293.59g (451.67%), Saturated Fat: 52.26g (326.66%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 45.92g (16.7%), Sugar: 4.75g (5.28%), Cholesterol: 55.77mg (18.59%), Sodium: 1281.56mg (55.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.89%), Vitamin E: 42.17mg (281.13%), Vitamin K: 69.9µg (66.57%), Selenium: 32.26µg (46.09%), Vitamin B1: 0.53mg (35.64%), Vitamin B3: 6.92mg (34.62%), Manganese: 0.56mg (27.93%), Folate: 99.9µg (24.98%), Vitamin C: 20.33mg (24.65%), Potassium: 749.15mg (21.4%), Vitamin B5: 2.13mg (21.26%), Phosphorus: 212.26mg (21.23%), Vitamin B2: 0.36mg (21.07%), Vitamin B6: 0.42mg (20.85%), Iron: 3.43mg (19.06%), Fiber: 3.96g (15.84%), Zinc: 2.25mg (15.02%), Magnesium: 50.23mg (12.56%), Copper: 0.24mg (12.02%), Calcium: 91.65mg (9.17%), Vitamin A: 450.8IU (9.02%), Vitamin B12: 0.53µg (8.88%), Vitamin D: 0.2µg (1.33%)