



Blue Cheese Deviled Dogs

READY IN



15 min.

SERVINGS



8

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 all-beef hot dog
- 0.5 cup salad dressing
- 1 tablespoon sriracha
- 8 hotdog buns split toasted
- 4 hardboiled eggs peeled sliced cut in half
- 0.5 cup cheese blue crumbled
- 2 tablespoons spring onion sliced

Equipment

grill

Directions

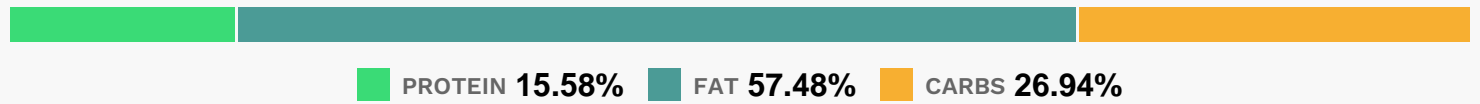
Heat gas or charcoal grill.

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

Stir together mayonnaise and sriracha sauce; spread about 1 tablespoon mayonnaise mixture on each toasted bun.

Place hot dogs on buns. Top with eggs, blue cheese and onions.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:12.8, Inflammation Score:-3, Nutrition Score:11.10999993656%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 370.17kcal (18.51%), Fat: 23.46g (36.09%), Saturated Fat: 8.79g (54.96%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 23.93g (8.7%), Sugar: 5.78g (6.42%), Cholesterol: 124.78mg (41.59%), Sodium: 988.27mg (42.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.61%), Selenium: 25.96µg (37.09%), Vitamin B12: 1.2µg (19.98%), Vitamin B2: 0.33mg (19.66%), Phosphorus: 184.51mg (18.45%), Vitamin B1: 0.27mg (17.96%), Vitamin B3: 2.94mg (14.71%), Folate: 57.74µg (14.44%), Iron: 2.45mg (13.63%), Vitamin K: 13.69µg (13.03%), Manganese: 0.26mg (12.95%), Calcium: 125.87mg (12.59%), Zinc: 1.8mg (12%), Copper: 0.12mg (6.02%), Vitamin B5: 0.6mg (5.97%), Vitamin B6: 0.12mg (5.81%), Vitamin D: 0.86µg (5.75%), Magnesium: 21.18mg (5.3%), Potassium: 182.27mg (5.21%), Vitamin E: 0.73mg (4.83%), Vitamin A: 217.68IU (4.35%), Fiber: 0.81g (3.24%), Vitamin C: 2.11mg (2.56%)