



Breakfast Hot Dogs

READY IN



25 min.

SERVINGS



6

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken sausages
- ☐ 3 tablespoons dijon mustard
- ☐ 6 hot dog rolls
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 cups mayonnaise good
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 tablespoons whole-grain mustard

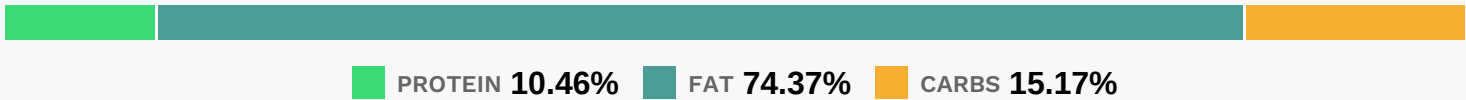
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare a charcoal grill with a single layer of hot coals.
- ☐ Meanwhile, whisk the mayonnaise, mustards, sour cream and salt together in a small bowl. Set aside at room temperature.
- ☐ Grill the sausages until they are evenly browned on the outside and cooked on the inside (times will vary depending on sausage size).
- ☐ Place each sausage in a roll and serve with the mustard mayonnaise.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:12.92, Inflammation Score:-4, Nutrition Score:11.146956609643%

Nutrients (% of daily need)

Calories: 701.54kcal (35.08%), Fat: 58.39g (89.84%), Saturated Fat: 10.73g (67.05%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 25.55g (9.29%), Sugar: 5.03g (5.59%), Cholesterol: 91.07mg (30.36%), Sodium: 1659.71mg (72.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.48g (36.97%), Vitamin K: 93.68µg (89.22%), Selenium: 17.15µg (24.49%), Vitamin B1: 0.26mg (17.35%), Manganese: 0.29mg (14.38%), Iron: 2.49mg (13.81%), Vitamin E: 2.04mg (13.6%), Folate: 44.3µg (11.08%), Vitamin B2: 0.17mg (9.75%), Vitamin B3: 1.85mg (9.26%), Calcium: 85.73mg (8.57%), Vitamin A: 424.47IU (8.49%), Phosphorus: 76.55mg (7.65%), Fiber: 1.25g (4.99%), Magnesium: 17.02mg (4.25%), Zinc: 0.51mg (3.39%), Copper: 0.07mg (3.38%), Vitamin B12: 0.18µg (2.98%), Potassium: 95.92mg (2.74%), Vitamin C: 1.9mg (2.31%), Vitamin B6: 0.04mg (2.21%), Vitamin B5: 0.17mg (1.73%)