



Cheddar Dogs with Cider-Braised Leeks and Apples

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples diced cored peeled
- ☐ 1.5 cups apple cider hard
- ☐ 6 all-beef hot dog
- ☐ 2 tablespoons butter ()
- ☐ 0.5 teaspoon caraway seeds
- ☐ 6 servings kosher salt
- ☐ 6 servings dijon mustard
- ☐ 1 pinch ground allspice

- ☐ 6 hotdog buns buns or brioche-style
- ☐ 2 cups leek white green generous thinly sliced () (and pale parts only)
- ☐ 0.5 cup sharp cheddar cheese packed grated

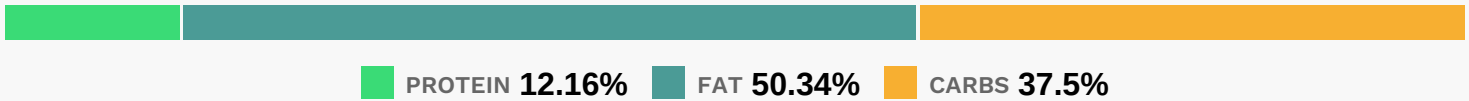
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in large skillet over mediumheat.
- ☐ Add leeks and apple. Cover; cookuntil tender, stirring occasionally, about8 minutes.
- ☐ Mix in caraway and allspice;season with coarse salt and pepper.
- ☐ Addhard cider; bring to boil. Reduce heat tomedium-low. Simmer, uncovered, until mostof liquid is cooked away, about 16 minutes.
- ☐ Arrange buns or rolls on plates.
- ☐ Spreadeach with mustard, then top with grilledhot dogs.
- ☐ Sprinkle dogs with cheese and topwith leek mixture.

Nutrition Facts



Properties

Glycemic Index:48.46, Glycemic Load:17.76, Inflammation Score:-6, Nutrition Score:12.456086759982%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 402.31kcal (20.12%), Fat: 22.68g (34.89%), Saturated Fat: 10.22g (63.87%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 35.59g (12.94%), Sugar: 13.91g (15.45%), Cholesterol: 44.65mg (14.88%), Sodium: 1020.23mg (44.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.65%), Selenium: 21.52µg (30.75%), Manganese: 0.47mg (23.32%), Vitamin B1: 0.29mg (19.63%), Phosphorus: 174.41mg (17.44%), Vitamin K: 17.28µg (16.46%), Folate: 65.04µg (16.26%), Iron: 2.92mg (16.21%), Calcium: 162.08mg (16.21%), Vitamin B12: 0.93µg (15.44%), Vitamin B3: 3.04mg (15.2%), Vitamin A: 727.25IU (14.54%), Vitamin B2: 0.25mg (14.42%), Zinc: 1.75mg (11.65%), Fiber: 2.43g (9.72%), Magnesium: 33.91mg (8.48%), Copper: 0.17mg (8.44%), Vitamin B6: 0.16mg (8.11%), Potassium: 274.31mg (7.84%), Vitamin C: 6.11mg (7.4%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.33µg (2.18%)