



Chicago Dog Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 beef hot dogs 1-inch-thick cut into slices on an angle
- ☐ 0.5 ounce sack cabbage blend shredded for slaw salads
- ☐ 3 large garlic pickles sour chopped
- ☐ 0.5 medium onion red thinly sliced
- ☐ 1 romaine heart shredded
- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon sugar
- ☐ 4 tablespoons vegetable oil

- ☐ 2 vine tomatoes diced ripe
- ☐ 2 tablespoons vinegar
- ☐ 0.3 cup mustard yellow

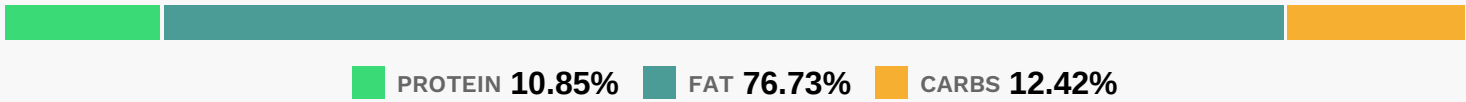
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ In the bottom of a large bowl, combine mustard, vinegar, sugar, and about 3 tablespoons of vegetable oil.
- ☐ Add the onions, cabbage, romaine, tomatoes, and pickles and toss the salad. Season with salt and pepper, adjust seasonings, and reserve.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add in remaining 1 tablespoon vegetable oil (1 turn of the pan) then arrange the sliced dogs in a single layer. Sear them a couple of minutes on each side.
- ☐ Remove to paper towels to drain.
- ☐ Mound up the salad on plates, top with seared dogs, and serve.

Nutrition Facts



Properties

Glycemic Index:72.77, Glycemic Load:3.52, Inflammation Score:-8, Nutrition Score:19.945217567941%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

0.12mg, Myricetin: 0.12mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 478.79kcal (23.94%), Fat: 41.65g (64.07%), Saturated Fat: 13.39g (83.71%), Carbohydrates: 15.17g (5.06%), Net Carbohydrates: 10.5g (3.82%), Sugar: 8.6g (9.56%), Cholesterol: 50.4mg (16.8%), Sodium: 1312.65mg (57.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.5%), Vitamin K: 123.63µg (117.74%), Vitamin C: 52.03mg (63.06%), Vitamin A: 1244.75IU (24.9%), Vitamin B12: 1.47µg (24.45%), Selenium: 16.44µg (23.49%), Manganese: 0.41mg (20.29%), Phosphorus: 196.93mg (19.69%), Folate: 76.72µg (19.18%), Fiber: 4.67g (18.69%), Zinc: 2.45mg (16.31%), Vitamin B6: 0.32mg (15.75%), Potassium: 525.66mg (15.02%), Vitamin B3: 2.83mg (14.17%), Iron: 2.3mg (12.75%), Vitamin E: 1.68mg (11.22%), Vitamin B1: 0.17mg (11.19%), Magnesium: 42.56mg (10.64%), Copper: 0.21mg (10.58%), Vitamin B2: 0.17mg (9.91%), Calcium: 80.51mg (8.05%), Vitamin B5: 0.58mg (5.8%), Vitamin D: 0.54µg (3.6%)