



Chicago-Style Hot Dog with Homemade Relish

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 natural casing all-beef franks
- 1 cup bread and butter pickles diced finely
- 4 servings celery salt for sprinkling
- 1 tablespoon pickled cherry peppers diced finely
- 4 hot dog buns fresh
- 8 sport pickled peppers hot jarred (or sub pickled peppers)
- 4 large russet potatoes scrubbed
- 1 teaspoon sugar

- 4 servings vegetable oil
- 1 small onion white finely chopped
- 4 servings mustard yellow for slathering

Equipment

- bowl
- baking sheet
- pot
- kitchen thermometer
- aluminum foil
- slotted spoon
- dutch oven

Directions

- Watch how to make this recipe.
- Set up a large pot with a steamer insert and steam the franks until warm, about 5 minutes. When the franks are almost done, place the buns on top of the franks to steam, 1 to 2 minutes.
- Place the franks in the buns and top each with some of the onions, 2 peppers, some Homemade Bread and Butter Relish and slather with mustard. To serve, top the franks with a handful of Hand
- Cut Fries with Celery Salt, wrap each frank in foil and let steam, 2 to 3 minutes, before eating. Eat on the towel-lined trunk of a car.
- Combine the pickles, peppers and sugar in a bowl and mix well.
- Serve.
- Fill a 6-quart heavy pot or Dutch oven two-thirds of the way full with oil.
- Heat the oil over medium-high heat until a deep-fat thermometer registers 375 degrees F.
- Cut the potatoes lengthwise into 1/4-inch-thick sticks. Fry the potatoes in batches, until golden brown, 8 minutes per batch.
- Transfer the potatoes with a slotted spoon to a paper-towel-lined baking sheet.
- Sprinkle with celery salt and serve immediately.

Nutrition Facts

PROTEIN 11.22% FAT 31.97% CARBS 56.81%

Properties

Glycemic Index:86.13, Glycemic Load:82.04, Inflammation Score:-9, Nutrition Score:42.586521635885%

Flavonoids

Luteolin: 11.21mg, Luteolin: 11.21mg, Luteolin: 11.21mg, Luteolin: 11.21mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 905.88kcal (45.29%), Fat: 32.85g (50.53%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 131.33g (43.78%), Net Carbohydrates: 118.71g (43.17%), Sugar: 17.01g (18.9%), Cholesterol: 25.2mg (8.4%), Sodium: 1271.6mg (55.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.87%), Vitamin C: 214.37mg (259.84%), Vitamin B6: 1.96mg (97.77%), Manganese: 1.86mg (93.14%), Vitamin B1: 0.94mg (62.99%), Potassium: 2182.09mg (62.35%), Vitamin B3: 11.12mg (55.62%), Selenium: 37.04µg (52.91%), Vitamin K: 55.08µg (52.46%), Fiber: 12.62g (50.47%), Iron: 8.29mg (46.08%), Phosphorus: 443.25mg (44.32%), Folate: 172.06µg (43.01%), Magnesium: 152.7mg (38.18%), Copper: 0.74mg (37.24%), Vitamin B2: 0.52mg (30.41%), Zinc: 3.35mg (22.35%), Calcium: 218.71mg (21.87%), Vitamin B5: 1.97mg (19.67%), Vitamin A: 889.8IU (17.8%), Vitamin E: 2.31mg (15.41%), Vitamin B12: 0.82µg (13.64%), Vitamin D: 0.27µg (1.8%)