



Coney Knish

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 kosher all-beef hot dogs
- 1 eggs beaten
- 8 servings salt and ground pepper black to taste
- 2 extra large onions diced
- 6 large potatoes cubed peeled
- 17.5 ounce puff pastry frozen thawed
- 0.3 cup vegetable oil

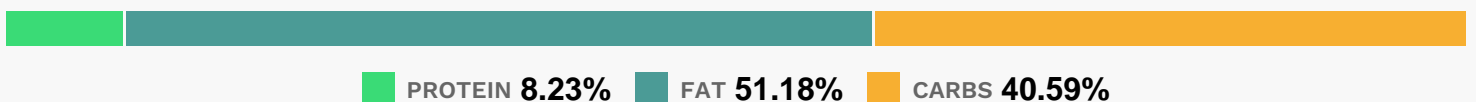
Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot
- potato masher

Directions

- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain and transfer to a bowl. Mash potatoes using a potato masher or a fork.
- Preheat oven to 400 degrees F (200 degrees C). Grease a baking sheet.
- Heat oil in a skillet over medium heat; saute onions until golden brown, 10 to 15 minutes.
- Mix potatoes, salt, and pepper into onions.
- Remove skillet from heat and cool.
- Roll each puff pastry sheet onto a work surface.
- Cut each sheet into 4 squares.
- Spread about 1/4 cup potato mixture onto each square in a strip down the middle; top with a hot dog. Cover each hot dog with about 1/4 cup more potato mixture.
- Roll puff pastry around hot dog and filling; place, seam side-down, on the prepared baking sheet.
- Brush puff pastry with egg.
- Bake in the preheated oven until golden brown, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:24.84, Glycemic Load:51.11, Inflammation Score:-7, Nutrition Score:23.535652367965%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 781.29kcal (39.06%), Fat: 44.86g (69.02%), Saturated Fat: 12.88g (80.52%), Carbohydrates: 80.05g (26.68%), Net Carbohydrates: 72.53g (26.38%), Sugar: 4.52g (5.03%), Cholesterol: 45.66mg (15.22%), Sodium: 641.2mg (27.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.46%), Vitamin C: 56.55mg (68.55%), Vitamin B6: 0.9mg (45.22%), Manganese: 0.78mg (39.24%), Potassium: 1310.52mg (37.44%), Vitamin B1: 0.5mg (33.23%), Vitamin B3: 6.57mg (32.85%), Selenium: 22.84µg (32.63%), Fiber: 7.51g (30.05%), Phosphorus: 276.98mg (27.7%), Vitamin K: 28.06µg (26.72%), Folate: 103.18µg (25.79%), Iron: 4.51mg (25.08%), Copper: 0.45mg (22.43%), Magnesium: 83.01mg (20.75%), Vitamin B2: 0.34mg (20.11%), Zinc: 2.24mg (14.9%), Vitamin B12: 0.78µg (13.04%), Vitamin B5: 1.04mg (10.38%), Vitamin E: 0.98mg (6.56%), Calcium: 53.76mg (5.38%), Vitamin D: 0.38µg (2.53%)