



Cowboy Hot Dogs

READY IN



30 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp barbecue sauce
- ☐ 4 buffalo strips
- ☐ 6 slices bacon crumbled cooked
- ☐ 4 potato hot dog buns
- ☐ 6 tbsp mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 2 tbsp spicy brown mustard such as gulden's
- ☐ 0.5 cup cheddar cheese shredded white
- ☐ 1 large onion yellow cut into half moons

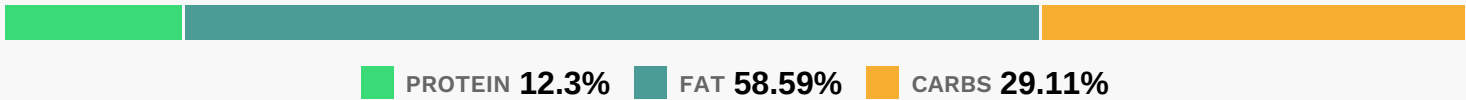
Equipment

- ☐ frying pan
- ☐ grill
- ☐ stove

Directions

- ☐ Heat oil in a large frying pan over medium heat on a camp stove, or over a charcoal or wood-fired grill heated to medium (350; you can hold your hand 5 in. above cooking grate only 7 seconds).
- ☐ Add onion and cook until deep golden and very tender, stirring frequently, about 20 minutes.
- ☐ Grill hot dogs until slightly charred all over, about 6 minutes, turning occasionally.
- ☐ Add buns and grill, turning frequently, until warmed and lightly charred, about 3 minutes.
- ☐ Spread buns with mayonnaise and drizzle with mustard and barbecue sauce. Set hot dogs in buns.
- ☐ Sprinkle cheese on top, followed by caramelized onions and bacon.
- ☐ *Find bison hot dogs at highplainsbison.com or Whole Foods Market.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:16, Inflammation Score:-5, Nutrition Score:15.402608752251%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 564.03kcal (28.2%), Fat: 36.74g (56.52%), Saturated Fat: 9.8g (61.27%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 39.2g (14.25%), Sugar: 10.6g (11.78%), Cholesterol: 54.95mg (18.32%), Sodium: 1202.34mg (52.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.7%), Selenium: 37µg (52.86%), Vitamin K: 38.8µg (36.95%), Vitamin B1: 0.45mg (29.83%), Vitamin B3: 4.9mg (24.52%), Phosphorus: 225.45mg (22.54%), Vitamin B2: 0.37mg (21.82%), Calcium: 193.83mg (19.38%), Manganese: 0.38mg (19.17%), Folate: 73.99µg (18.5%), Iron: 3.03mg (16.81%), Zinc: 2.28mg (15.18%), Vitamin E: 1.62mg (10.83%), Vitamin B12: 0.62µg (10.41%), Vitamin B6: 0.19mg (9.39%), Potassium: 297.92mg (8.51%), Magnesium: 32.93mg (8.23%), Fiber: 1.88g (7.51%), Copper: 0.14mg (6.75%), Vitamin B5: 0.56mg (5.58%), Vitamin C: 3.5mg (4.25%), Vitamin A: 204.01IU (4.08%), Vitamin D: 0.17µg (1.16%)