



## Crosshatch Hot Dogs on Grilled Croissants

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 chiles such as fresno fresh red seeded thinly sliced
- 4 croissants split
- 2 tablespoons dijon mustard
- 1 garlic clove minced
- 6 cups cabbage shredded green finely
- 1 tablespoon honey
- 4 hot dogs
- 2 tablespoons catsup
- 4 servings salt

- 1 tablespoon sherry vinegar
- 1 tablespoon soya sauce
- 2 tablespoons butter unsalted softened
- 0.5 teaspoon vegetable oil

## Equipment

- bowl
- knife
- grill
- skewers

## Directions

- In a large bowl, stir the honey with the sherry vinegar until the honey is dissolved.
- Add the shredded cabbage and red chiles, season with salt and toss.
- Let stand until the cabbage is slightly softened, tossing a few times, about 15 minutes.
- Meanwhile, in a small bowl, blend the butter and the mustard. Gently spread the cut sides of the croissants with the butter.
- Light a grill. Thread each hot dog lengthwise onto a thick metal or wooden skewer. With a small, sharp knife, make cuts at an angle in 3 rows down each hot dog, about 1/2 inch apart, cutting partway into the hot dog. The cuts should look like rounded half circles. Lightly run the knife down the center of the cuts to halve the half circles.
- On a large plate, mix the ketchup with the soy sauce, oil and garlic. Turn to coat each hot dog with the mixture.
- Grill the croissants over high heat, cut side down, until toasted, about 30 seconds. Turn and grill the other side for about 10 seconds. Grill the hot dogs over high heat all over, until nicely charred and the cuts open up, about 2 minutes total; the hot dogs should resemble pine cones. Mound the cabbage salad on one half of each croissant, set the hot dogs on top and serve.

## Nutrition Facts



■ PROTEIN 10.32% ■ FAT 47.52% ■ CARBS 42.16%

## Properties

Glycemic Index:78.32, Glycemic Load:23.83, Inflammation Score:-8, Nutrition Score:22.911739149819%

## Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 470.12kcal (23.51%), Fat: 25.41g (39.09%), Saturated Fat: 12.77g (79.8%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 45.72g (16.63%), Sugar: 17.69g (19.66%), Cholesterol: 73.49mg (24.5%), Sodium: 1145.71mg (49.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.83%), Vitamin C: 87.7mg (106.31%), Vitamin K: 87.43µg (83.26%), Selenium: 28.21µg (40.29%), Folate: 127.47µg (31.87%), Vitamin B1: 0.44mg (29.13%), Manganese: 0.54mg (27.07%), Vitamin B2: 0.36mg (21.4%), Vitamin A: 1067.08IU (21.34%), Fiber: 5.02g (20.08%), Vitamin B6: 0.39mg (19.67%), Vitamin B3: 3.93mg (19.65%), Iron: 3.37mg (18.71%), Phosphorus: 165.45mg (16.54%), Potassium: 470.92mg (13.45%), Zinc: 1.72mg (11.48%), Vitamin B5: 1.07mg (10.74%), Magnesium: 42.29mg (10.57%), Calcium: 89.06mg (8.91%), Copper: 0.17mg (8.4%), Vitamin E: 1.21mg (8.09%), Vitamin B12: 0.34µg (5.62%)