



Drag it through the Farm Dog

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings avocado diced
- ☐ 4 servings cherry tomatoes halved
- ☐ 4 chicken sausages
- ☐ 4 servings power greens
- ☐ 4 servings honey mustard salad dressing
- ☐ 4 servings orange and bell peppers diced red
- ☐ 1.5 ounce buttery homestyle potato cup mashed idahoan®
- ☐ 4 potato flour buns

- ☐ 4 servings onions diced red
- ☐ 3 tablespoons mustard stone ground

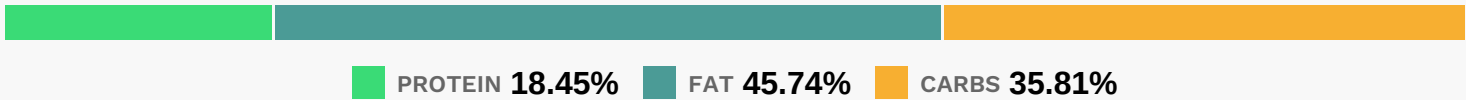
Equipment

- ☐ grill

Directions

- ☐ Grill sausages until done. Prepare Idahoan Buttery Homestyle Mashed Potato Cup according to package directions and stir in stone ground mustard.
- ☐ Place sausage on bun and spread potato mixture on top.
- ☐ Add toppings to your taste. Top with honey mustard dressing.
- ☐ Have fun with your hot dogs!

Nutrition Facts



Properties

Glycemic Index:53.69, Glycemic Load:3.09, Inflammation Score:-10, Nutrition Score:28.190869600877%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 529.71kcal (26.49%), Fat: 28.97g (44.58%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 51.04g (17.01%), Net Carbohydrates: 39.99g (14.54%), Sugar: 13.96g (15.51%), Cholesterol: 60.01mg (20%), Sodium: 1215.31mg (52.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.6%), Vitamin C: 151.79mg (183.98%), Vitamin A: 3964.99IU (79.3%), Folate: 231.49µg (57.87%), Fiber: 11.04g (44.17%), Vitamin B1: 0.5mg (33.66%), Vitamin B6: 0.66mg (33.15%), Vitamin B3: 6.62mg (33.11%), Potassium: 1096.73mg (31.34%), Vitamin K: 29.17µg (27.78%), Vitamin E: 4.12mg (27.44%), Iron: 4.92mg (27.32%), Manganese: 0.5mg (25.21%), Vitamin B2: 0.43mg (25.09%),

Calcium: 197.28mg (19.73%), Vitamin B5: 1.93mg (19.31%), Copper: 0.35mg (17.69%), Magnesium: 63.61mg (15.9%), Phosphorus: 146.91mg (14.69%), Zinc: 1.22mg (8.15%), Selenium: 5.24µg (7.48%)