



Fireside Hot Dogs with Spicy Chips

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 strips bacon chopped
- 8 all-beef hot dog organic
- 2 tablespoons chili powder store-bought (recommended: Tajin)
- 1 cup tortilla chips store-bought
- 8 hotdog buns
- 8 servings catsup for serving
- 1 tablespoon juice of lime (from 1 lime)
- 8 servings mayonnaise for serving

- 8 servings mustard for serving
- 8 servings olive oil
- 0.5 onion thinly sliced
- 1 tablespoon soya sauce
- 0.3 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- For the spicy chips: Preheat the oven to 350 F.
- Spray the tortilla chips with nonstick cooking spray.
- Sprinkle with the chili-lime powder and toss to combine.
- Transfer the chips to a baking sheet and bake for 6 minutes.
- Heat a medium, heavy skillet over medium-high heat.
- Add the bacon and cook until all the fat has rendered, about 5 minutes.
- Add the onions and cook until translucent, about 3 minutes.
- Add the soy sauce, lime juice and Worcestershire sauce, stirring to combine. Cook for 30 seconds and turn off the heat.
- Transfer the mixture to a medium bowl and set aside.
- Using the same pan, cook the hot dogs over medium heat until golden brown and cooked through, about 5 minutes per side.
- Transfer to a plate and wrap tightly with aluminum foil to keep warm.
- To assemble each hot dog, spread some mayonnaise on each bun. Put a hot dog in each bun, top with the onion mixture and crumbled Spicy Chips and serve with ketchup and mustard.

Nutrition Facts

PROTEIN 8.95% FAT 63.77% CARBS 27.28%

Properties

Glycemic Index:23.25, Glycemic Load:12.91, Inflammation Score:-6, Nutrition Score:13.114347799965%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 558.96kcal (27.95%), Fat: 40.09g (61.68%), Saturated Fat: 10.3g (64.37%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 35.95g (13.07%), Sugar: 7.74g (8.6%), Cholesterol: 34.14mg (11.38%), Sodium: 1169.14mg (50.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.33%), Selenium: 21.94µg (31.34%), Vitamin E: 3.82mg (25.48%), Vitamin K: 22.67µg (21.59%), Vitamin B1: 0.32mg (21.21%), Vitamin B3: 3.95mg (19.73%), Phosphorus: 175.54mg (17.55%), Manganese: 0.34mg (16.78%), Iron: 2.97mg (16.49%), Vitamin B12: 0.88µg (14.64%), Vitamin B2: 0.24mg (14.34%), Vitamin A: 682.25IU (13.64%), Folate: 48.75µg (12.19%), Zinc: 1.8mg (11.98%), Fiber: 2.64g (10.56%), Vitamin B6: 0.2mg (9.85%), Calcium: 96.44mg (9.64%), Magnesium: 38.15mg (9.54%), Copper: 0.17mg (8.58%), Potassium: 266.38mg (7.61%), Vitamin B5: 0.4mg (3.96%), Vitamin C: 2.3mg (2.78%), Vitamin D: 0.32µg (2.15%)