



Fresh Apple Salsa-Topped Turkey Franks

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh finely chopped
- 1 apples i use 2 granny smith apples finely chopped
- 2 Tbsp juice of lime fresh
- 12 oscar mayer selects uncured hardwood turkey franks smoked
- 2 tsp jalapeño peppers seeded finely chopped
- 1 apples red finely chopped
- 0.3 cup onions sweet finely chopped
- 12 hot dog buns whole wheat

Equipment

grill

Directions

- Heat grill to medium heat.
- Grill franks 5 to 6 min. or until heated through, turning occasionally.
- Meanwhile, combine all remaining ingredients except buns.
- Place franks in buns; top with apple mixture.

Nutrition Facts



PROTEIN 15.31% **FAT 20.8%** **CARBS 63.89%**

Properties

Glycemic Index:8.83, Glycemic Load:1.11, Inflammation Score:-3, Nutrition Score:6.359565253167%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 145.48kcal (7.27%), Fat: 3.51g (5.4%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 21.85g (7.94%), Sugar: 6.24g (6.94%), Cholesterol: 7mg (2.33%), Sodium: 291.45mg (12.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Manganese: 0.45mg (22.37%), Selenium: 13.54µg (19.34%), Vitamin B1: 0.2mg (13.64%), Folate: 49.39µg (12.35%), Iron: 1.83mg (10.19%), Vitamin B3: 1.94mg (9.71%), Fiber: 2.41g (9.63%), Vitamin B2: 0.14mg (8.32%), Phosphorus: 56.76mg (5.68%), Magnesium: 20.89mg (5.22%), Copper: 0.1mg (5.19%), Calcium: 47.52mg (4.75%), Vitamin C: 3.06mg (3.7%), Potassium: 110.52mg (3.16%), Zinc: 0.47mg (3.12%), Vitamin K: 3.1µg (2.96%), Vitamin B6: 0.06mg (2.96%), Vitamin B5: 0.24mg (2.37%)