



Garlic Mojo Hot Dogs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



482 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados diced pitted halved
- ☐ 6 grilled all-beef hot dogs
- ☐ 6 servings coarse kosher salt
- ☐ 6 garlic cloves chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 6 grilled hot dog buns
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil

- ☐ 0.3 cup orange juice fresh
- ☐ 0.7 cup pineapple cored peeled finely chopped
- ☐ 1.5 cups romaine lettuce shredded finely
- ☐ 1 tomatoes halved seeded chopped

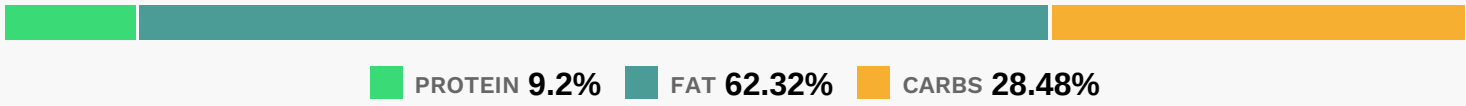
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in heavy medium skillet overmedium heat.
- ☐ Add garlic; stir 30 seconds.
- ☐ Add next 4 ingredients; bring to simmer.
- ☐ Remove from heat. Season mojo sauce totaste with coarse salt and pepper.
- ☐ Arrange buns on plates. Top each withlettuce, grilled hot dog, avocado, mojo sauce,and pineapple.
- ☐ Serve with remaining mojo.

Nutrition Facts



Properties

Glycemic Index:47.61, Glycemic Load:15.7, Inflammation Score:-8, Nutrition Score:18.746956400249%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 2.85mg, Hesperetin: 2.85mg, Hesperetin: 2.85mg, Hesperetin: 2.85mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 482kcal (24.1%), Fat: 34.32g (52.79%), Saturated Fat: 8.66g (54.1%), Carbohydrates: 35.28g (11.76%), Net Carbohydrates: 29.12g (10.59%), Sugar: 8.16g (9.07%), Cholesterol: 25.2mg (8.4%), Sodium: 873.21mg (37.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.4g (22.79%), Vitamin C: 31.17mg (37.78%), Vitamin K: 35.47µg (33.78%), Folate: 124.86µg (31.21%), Manganese: 0.61mg (30.56%), Vitamin A: 1339.73IU (26.79%), Selenium: 17.53µg (25.04%), Fiber: 6.17g (24.66%), Vitamin B1: 0.34mg (22.95%), Vitamin B3: 4.33mg (21.63%), Vitamin E: 2.97mg (19.8%), Potassium: 591.32mg (16.89%), Vitamin B2: 0.29mg (16.82%), Vitamin B6: 0.33mg (16.28%), Iron: 2.9mg (16.14%), Phosphorus: 160.32mg (16.03%), Copper: 0.29mg (14.74%), Vitamin B12: 0.82µg (13.64%), Zinc: 1.87mg (12.46%), Vitamin B5: 1.16mg (11.64%), Magnesium: 45.11mg (11.28%), Calcium: 92.64mg (9.26%), Vitamin D: 0.27µg (1.8%)