



WHAT'SHEATE



Girl's Avocado Topped Hot Dogs with Creamy Chipotle Sauce

♡ Popular

READY IN



45 min.

SERVINGS



8

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large avocados pitted peeled chopped
- ☐ 0.5 cup cojita cheese
- ☐ 2 teaspoons chipotle adobe sauce
- ☐ 8 hot dog buns
- ☐ 8 hot dogs
- ☐ 0.8 cup mayonnaise
- ☐ 4 tablespoons butter salted room temperature

☐ 1 cup tomatoes chopped

Equipment

☐ bowl

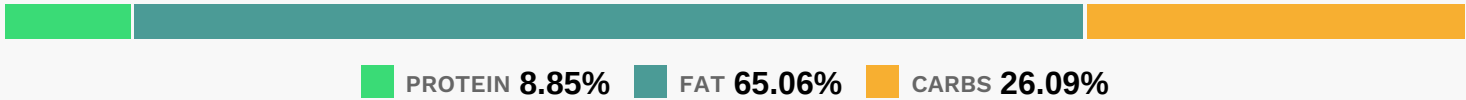
☐ whisk

☐ grill

Directions

- ☐ Preheat the grill to medium heat. To prepare chipotle sauce, in a medium bowl whisk together the mayonnaise and chipotle sauce. Cover the bowl and keep in the refrigerator until you're ready to assemble the hot dogs.To prepare the hot dogs, grill the hot dogs, turning often until they have grill marks on all sides, 5–7 minutes. Meanwhile, spread 1/2 tablespoon of the butter inside each bun. Grill the buns butter side down on the edges of the grill, where it's not so hot.
- ☐ Remove the buns from the grill when they are lightly browned, 1–2 minutes.To assemble, place a hot dog in each toasted bun, then top each with 1 1/2 tablespoons of the chipotle sauce. Divide the tomato, avocados and cheese among the dogs and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:15.71, Inflammation Score:-6, Nutrition Score:15.969999813515%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 539.34kcal (26.97%), Fat: 39.6g (60.93%), Saturated Fat: 11.21g (70.05%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 31.03g (11.29%), Sugar: 4.57g (5.08%), Cholesterol: 51.18mg (17.06%), Sodium: 747.81mg (32.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.24%), Vitamin K: 48.95µg (46.62%),

Selenium: 26.24µg (37.48%), Folate: 108.24µg (27.06%), Vitamin B1: 0.38mg (25.59%), Vitamin B3: 4.44mg (22.21%), Vitamin B2: 0.36mg (21.09%), Fiber: 4.71g (18.83%), Manganese: 0.37mg (18.58%), Iron: 2.9mg (16.13%), Phosphorus: 156.51mg (15.65%), Vitamin E: 2.16mg (14.4%), Calcium: 133.18mg (13.32%), Zinc: 1.87mg (12.46%), Potassium: 416.72mg (11.91%), Vitamin B5: 1.02mg (10.22%), Vitamin B6: 0.2mg (10%), Vitamin C: 8.17mg (9.91%), Vitamin A: 488.28IU (9.77%), Copper: 0.19mg (9.71%), Magnesium: 34.5mg (8.63%), Vitamin B12: 0.43µg (7.18%)