



Greek-Style Dogs

READY IN



45 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cucumber grated
- ☐ 2 teaspoons chives fresh chopped
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 4 servings bottled greek dressing
- ☐ 4 servings hot dog buns
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 2 tablespoons mayonnaise light
- ☐ 4 servings bell pepper

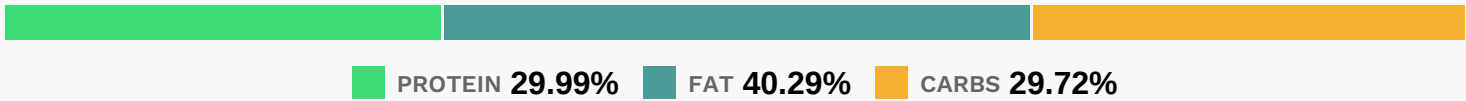
- ☐ 7 oz greek yogurt plain 2% reduced-fat
- ☐ 4 servings onion red thinly sliced
- ☐ 4 servings romaine lettuce shredded
- ☐ 4 servings salt
- ☐ 4 sausages
- ☐ 4 servings tomato and cucumber diced

Equipment

Directions

- ☐ Stir together yogurt, light mayonnaise, 1 Tbsp. grated cucumber, chives, dill, lemon zest, lemon juice, salt, and pepper. Cook sausages according to package directions.
- ☐ Place sausages in buns. Top with yogurt mixture, shredded lettuce, red onion, diced tomato and cucumber, and Greek dressing.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:15.54, Inflammation Score:-10, Nutrition Score:42.789565335149%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 613.79kcal (30.69%), Fat: 27.55g (42.38%), Saturated Fat: 8.48g (52.97%), Carbohydrates: 45.72g (15.24%), Net Carbohydrates: 39.36g (14.31%), Sugar: 20.56g (22.84%), Cholesterol: 74.8mg (24.93%), Sodium: 111.05mg (48.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.14g (92.29%), Vitamin A: 11341.21IU (226.82%), Vitamin C: 126.36mg (153.17%), Vitamin K: 112.47µg (107.11%), Vitamin B2: 1.09mg (64.01%), Folate: 237.23µg (59.31%), Phosphorus: 587.87mg (58.79%), Selenium: 36.89µg (52.69%), Vitamin B1: 0.69mg (46.05%),

Vitamin B6: 0.88mg (43.79%), Vitamin B12: 2.55µg (42.58%), Vitamin B3: 8.38mg (41.88%), Potassium: 1421.68mg (40.62%), Calcium: 399.47mg (39.95%), Manganese: 0.69mg (34.48%), Zinc: 4.18mg (27.89%), Fiber: 6.36g (25.46%), Iron: 4.24mg (23.57%), Magnesium: 90.87mg (22.72%), Vitamin B5: 1.93mg (19.34%), Vitamin E: 2.72mg (18.14%), Copper: 0.31mg (15.52%), Vitamin D: 1.11µg (7.37%)