



Grilled Chicken Dogs With Sweet Potato Fries

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons barbecue sauce plus more for dipping
- ☐ 0.3 cup cucumber seedless chopped
- ☐ 2 ears of corn
- ☐ 1 large egg white
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 4 potato hot dog buns split toasted
- ☐ 4 chicken hot dogs

- ☐ 1 juice of lime
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup orange bell pepper chopped
- ☐ 0.5 cup panko breadcrumbs
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon sugar
- ☐ 2 medium sweet potatoes peeled cut into 1/4-inch-thick sticks

Equipment

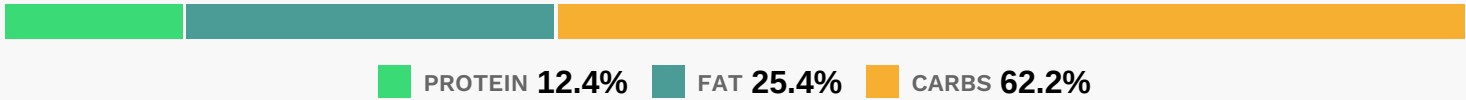
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Make the fries: Put a baking sheet in the oven and preheat to 425 degrees F.
- ☐ Combine the panko, cumin, paprika, olive oil and 1 teaspoon salt in a small bowl.
- ☐ Whisk the egg white in a medium bowl until frothy.
- ☐ Add the sweet potatoes and toss until coated, then add the panko mixture and toss.
- ☐ Spread the sweet potatoes on the hot baking sheet and sprinkle with any remaining crumbs from the bowl.
- ☐ Bake until the fries are tender and crisp, about 25 minutes.
- ☐ Meanwhile, prepare the hot dogs: Preheat a grill to medium high. Grill the corn, turning occasionally, until slightly charred, about 6 minutes; let cool.
- ☐ Cut the kernels off the cobs and toss with the cucumber, bell pepper, lime juice, sugar and 1/4 teaspoon salt in a bowl. Stir in the basil and olive oil.
- ☐ Grill the hot dogs, turning occasionally and brushing with the barbecue sauce, until marked, about 5 minutes.

- ☐
- Put the hot dogs in the buns and top with the corn mixture.
- ☐
- Serve with the sweet potato fries and barbecue sauce for dipping.
- ☐
- Photograph by Paul Sirisalee

Nutrition Facts



Properties

Glycemic Index:85.02, Glycemic Load:27.11, Inflammation Score:-10, Nutrition Score:23.393478352091%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 458.15kcal (22.91%), Fat: 13.2g (20.3%), Saturated Fat: 3.47g (21.72%), Carbohydrates: 72.69g (24.23%), Net Carbohydrates: 66.72g (24.26%), Sugar: 15.75g (17.5%), Cholesterol: 20.25mg (6.75%), Sodium: 941.11mg (40.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.5g (28.99%), Vitamin A: 16743IU (334.86%), Selenium: 28.19µg (40.27%), Vitamin B1: 0.59mg (39.02%), Manganese: 0.78mg (38.81%), Vitamin B3: 5.63mg (28.13%), Folate: 108.32µg (27.08%), Vitamin B2: 0.44mg (25.72%), Vitamin C: 21mg (25.45%), Iron: 4.42mg (24.58%), Fiber: 5.97g (23.89%), Potassium: 729.67mg (20.85%), Phosphorus: 205.65mg (20.57%), Vitamin B6: 0.39mg (19.52%), Magnesium: 71.72mg (17.93%), Copper: 0.32mg (16.1%), Vitamin B5: 1.6mg (16.02%), Calcium: 134.47mg (13.45%), Zinc: 1.99mg (13.25%), Vitamin K: 13.11µg (12.49%), Vitamin E: 1.36mg (9.04%), Vitamin B12: 0.35µg (5.88%)