



## Grilled Hot Dogs with Mango Chutney and Red Onion Relish

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 8 all-beef hot dog
- ☐ 1 tablespoon dijon mustard for serving
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 8 hotdog buns
- ☐ 9 ounce mango chutney chopped (such as Major Grey's)
- ☐ 0.5 cup onion red chopped

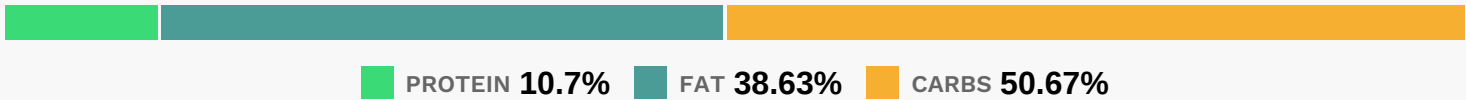
### Equipment

- ☐ bowl
- ☐ grill

## Directions

- ☐ Mix chutney, onion, cilantro, and 1 tablespoon mustard in bowl. DO AHEADCan be made 1 day ahead. Cover; chill.
- ☐ Prepare barbecue (medium-high heat). Grill hot dogs and buns until heated through and grill marks form, 2 to 3 minutes per side for hot dogs and about 1 minute per side for buns.
- ☐ Transfer buns to plate.
- ☐ Place 1 hot dog in each bun.
- ☐ Add mustard and relish; serve.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:24.83, Inflammation Score:-2, Nutrition Score:8.2347824910413%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

## Nutrients (% of daily need)

Calories: 359.65kcal (17.98%), Fat: 15.38g (23.66%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 44g (16%), Sugar: 19.74g (21.93%), Cholesterol: 25.2mg (8.4%), Sodium: 702.66mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Selenium: 18.06µg (25.81%), Vitamin B1: 0.26mg (17.31%), Vitamin B3: 2.85mg (14.24%), Manganese: 0.28mg (13.98%), Vitamin B12: 0.82µg (13.64%), Iron: 2.28mg (12.65%), Folate: 48.5µg (12.12%), Vitamin B2: 0.2mg (11.78%), Phosphorus: 117.15mg (11.71%), Zinc: 1.35mg (8.98%), Calcium: 75.89mg (7.59%), Copper: 0.15mg (7.38%), Fiber: 1.38g (5.52%), Vitamin C: 4.24mg (5.14%), Magnesium: 18.93mg (4.73%), Potassium: 154.93mg (4.43%), Vitamin B6: 0.08mg (3.98%), Vitamin K: 3.66µg (3.48%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.13mg (1.26%), Vitamin E: 0.17mg (1.16%)