



Harissa-Onion Dogs with Preserved-Lemon Relish

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 all-beef hot dog
- ☐ 2.5 tablespoons sea salt
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 4 garlic clove finely chopped
- ☐ 6 sheets hotdog buns
- ☐ 0.8 cup water ()

- ☐ 1 cup juice of lemon fresh
- ☐ 2 optional: lemon with peel, seeded thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 1.5 pounds onion halved thinly sliced
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring first 3 ingredients to boil in heavy large skillet over medium heat. Cover and simmer until lemons are tender, about 12 minutes. Uncover; simmer until liquid thickens to syrup, about 8 minutes.
- ☐ Transfer syrup to bowl and cool. Chop lemon slices; add to bowl.
- ☐ Mix in herbs, oil, and garlic.
- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add onions; sprinkle with salt and pepper. Cover; cook until onions are golden, stirring often, about 25 minutes.
- ☐ Add 1/2 cup water and 1 tablespoon harissa. Simmer until water is absorbed, 4 to 5 minutes.
- ☐ Add more harissa, if desired.
- ☐ Spread hummus on buns or crosswise in strip on each lavash sheet. Top each with grilled hot dog, then onions and relish.
- ☐ Roll up lavash, if using, and serve.
- ☐ * A spicy North African red chile paste; available at some specialty foods stores and at Middle Eastern markets.
- ☐ ** Available in the Asian foods section of many supermarkets and at Asian markets.

Nutrition Facts



 **PROTEIN 12.56%**  **FAT 56.59%**  **CARBS 30.85%**

Properties

Glycemic Index:33.33, Glycemic Load:4.02, Inflammation Score:-7, Nutrition Score:12.173043562018%

Flavonoids

Eriodictyol: 10.25mg, Eriodictyol: 10.25mg, Eriodictyol: 10.25mg, Eriodictyol: 10.25mg Hesperetin: 16.12mg, Hesperetin: 16.12mg, Hesperetin: 16.12mg, Hesperetin: 16.12mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 23.97mg, Quercetin: 23.97mg, Quercetin: 23.97mg, Quercetin: 23.97mg

Nutrients (% of daily need)

Calories: 290.8kcal (14.54%), Fat: 19.29g (29.68%), Saturated Fat: 6.46g (40.4%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 18.54g (6.74%), Sugar: 7.55g (8.39%), Cholesterol: 25.2mg (8.4%), Sodium: 3497.51mg (152.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.26%), Vitamin C: 44.62mg (54.09%), Manganese: 0.48mg (24%), Fiber: 5.13g (20.53%), Phosphorus: 164.78mg (16.48%), Folate: 65.41µg (16.35%), Copper: 0.31mg (15.46%), Vitamin B6: 0.31mg (15.32%), Zinc: 1.85mg (12.31%), Vitamin B12: 0.74µg (12.26%), Magnesium: 47.02mg (11.75%), Potassium: 409.74mg (11.71%), Iron: 2.05mg (11.41%), Vitamin B1: 0.16mg (10.56%), Selenium: 7.3µg (10.42%), Vitamin B3: 1.51mg (7.55%), Vitamin B2: 0.12mg (7.05%), Calcium: 66.54mg (6.65%), Vitamin B5: 0.42mg (4.23%), Vitamin K: 4.01µg (3.82%), Vitamin E: 0.49mg (3.3%), Vitamin A: 146.68IU (2.93%), Vitamin D: 0.27µg (1.8%)