



Hot Dog Stroganoff



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter (more if needed)
- ☐ 6 standard sized hot dogs sliced into 1/4-inch to 1/2 slices per person, or fewer if you are serving kids),
- ☐ 1 cup onion yellow chopped
- ☐ 0.7 cup heavy whipping cream
- ☐ 0.3 cup water
- ☐ 1 tablespoon parsley fresh chopped

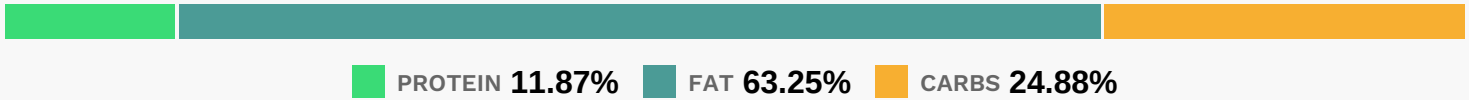
Equipment

- ☐ frying pan

Directions

- ☐ Sauté onions and sliced hot dogs in butter: Melt butter in a large skillet (cast iron works well for this purpose) on medium high heat.
- ☐ Add the chopped onions and sliced hot dogs.
- ☐ Cook, stirring occasionally, until the onions and the hot dogs are nicely browned, 5–10 minutes.
- ☐ Add the sour cream and water, stir until creamy.
- ☐ Heat until steamy.
- ☐ Serve with cooked egg noodles, elbow macaroni, or favorite pasta.
- ☐ Sprinkle with chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:4.31, Inflammation Score:-5, Nutrition Score:8.3126086100288%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 284.08kcal (14.2%), Fat: 20.34g (31.29%), Saturated Fat: 9.21g (57.55%), Carbohydrates: 18g (6%), Net Carbohydrates: 17.28g (6.28%), Sugar: 3.01g (3.35%), Cholesterol: 60.52mg (20.17%), Sodium: 499.23mg (21.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Selenium: 19.54µg (27.92%), Vitamin K: 17.38µg (16.55%), Vitamin B2: 0.27mg (15.67%), Vitamin B3: 2.61mg (13.04%), Vitamin B1: 0.19mg (12.61%), Folate: 44.6µg (11.15%), Phosphorus: 108.98mg (10.9%), Zinc: 1.57mg (10.49%), Iron: 1.77mg (9.81%), Vitamin A: 411.32IU (8.23%), Vitamin B12: 0.44µg (7.29%), Calcium: 66.93mg (6.69%), Potassium: 211.25mg (6.04%), Manganese: 0.12mg (6.01%), Vitamin C: 4.7mg (5.7%), Vitamin B5: 0.54mg (5.37%), Vitamin B6: 0.1mg (4.92%), Magnesium: 17.38mg (4.34%), Copper: 0.08mg (3.99%), Fiber: 0.71g (2.85%), Vitamin E: 0.24mg (1.62%)