



Hot Dog Stuffed Pretzels

READY IN



26 min.

SERVINGS



12

CALORIES



347 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup baking soda
- ☐ 3 tablespoons butter melted
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 3 tablespoons chives fresh chopped
- ☐ 12 hot dogs
- ☐ 1 tablespoon hot sauce
- ☐ 1 cup mayonnaise
- ☐ 1 ball pizza dough

- ☐ 12 servings salt smoked
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 12 servings sea salt for garnish
- ☐ 4 cups water hot
- ☐ 2 tablespoons grain mustard whole

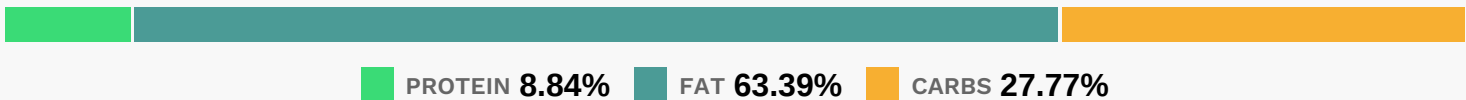
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ For the sauce: In a small bowl, add all ingredients and stir well to combine. Season with salt and pepper and refrigerate until ready to serve.
- ☐ For the hot dogs: Preheat the oven to 450 degrees F. Spray a baking sheet with nonstick spray.
- ☐ Divide the dough into 12 equal pieces and roll each into a long rope about 8 inches long. Wrap each hot dog with 1 ropes, starting at the bottom and twisting it around the hot dog until you get to the top. If there is left over dough, fold it under the hot dog.
- ☐ Dissolve the baking soda into the hot water.
- ☐ Lay each dog on the prepared baking sheet and brush each with the baking soda mixture and then with the melted butter.
- ☐ Sprinkle with sea salt or smoked salt, if desired.
- ☐ Place into the oven and bake until golden brown, 10 to 12 minutes.
- ☐ Serve with the mustard sauce.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:2.41, Inflammation Score:-2, Nutrition Score:6.1386957116749%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 347kcal (17.35%), Fat: 24.67g (37.96%), Saturated Fat: 6.6g (41.22%), Carbohydrates: 24.32g (8.1%), Net Carbohydrates: 23.56g (8.57%), Sugar: 2.23g (2.48%), Cholesterol: 35.62mg (11.87%), Sodium: 2527.66mg (109.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.49%), Vitamin K: 32.84µg (31.28%), Selenium: 14.11µg (20.16%), Iron: 2.09mg (11.63%), Vitamin B3: 1.71mg (8.57%), Vitamin B1: 0.12mg (8.04%), Vitamin B2: 0.14mg (8.01%), Zinc: 0.99mg (6.59%), Folate: 24.37µg (6.09%), Phosphorus: 55.47mg (5.55%), Vitamin E: 0.72mg (4.78%), Vitamin B12: 0.26µg (4.37%), Manganese: 0.08mg (4.08%), Fiber: 0.75g (3.02%), Copper: 0.06mg (2.92%), Vitamin B5: 0.29mg (2.91%), Vitamin A: 144.85IU (2.9%), Magnesium: 9.87mg (2.47%), Potassium: 83.48mg (2.39%), Calcium: 20.18mg (2.02%), Vitamin C: 1.34mg (1.62%), Vitamin B6: 0.03mg (1.54%)