

Hot Dogs a la Rose



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 handful carrots shredded
- ☐ 1 Handful cilantro leaves minced
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 0.3 teaspoon garam masala
- ☐ 4 garlic cloves peeled
- ☐ 12 ounce hot dogs sliced recommended: Hebrew National
- ☐ 2 tablespoons catsup

- ☐ 1 large onion diced
- ☐ 0.5 teaspoon paprika smoked spanish
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 large tomatoes diced
- ☐ 1 teaspoon turmeric
- ☐ 0.3 cup water

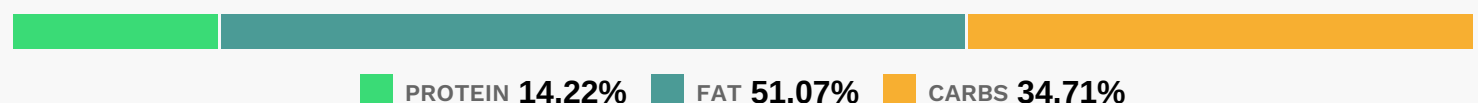
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the canola oil, in a large nonstick skillet over medium heat, until shimmering.
- ☐ Add the onions, garlic, ginger and carrots, if using, and season with salt and pepper, to taste.
- ☐ Saute until onions are softened and slightly brown around the edges, about 5 minutes.
- ☐ Add the turmeric, garam masala and paprika, quickly stirring for about 20 seconds to keep the spices from burning. Stir in the tomatoes and ketchup, and taste for seasoning; add more salt and pepper, if needed.
- ☐ Add hot dog rounds, stirring to cover them with the tomato mixture.
- ☐ Add 1/4 cup water if the mixture is too dry. Cover and simmer over medium-low heat 15 minutes.
- ☐ Taste and season accordingly.
- ☐ Remove from heat, stir in cilantro and transfer the mixture to a serving bowl.
- ☐ Serve!

Nutrition Facts



Properties

Glycemic Index:67.21, Glycemic Load:6, Inflammation Score:-10, Nutrition Score:11.016521723374%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 281.9kcal (14.1%), Fat: 16.4g (25.23%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 23.48g (8.54%), Sugar: 4.52g (5.02%), Cholesterol: 38.27mg (12.76%), Sodium: 656.22mg (28.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.55%), Selenium: 23.27µg (33.25%), Vitamin B3: 3.69mg (18.46%), Vitamin B1: 0.25mg (16.55%), Vitamin B2: 0.28mg (16.45%), Manganese: 0.3mg (15.17%), Folate: 57.68µg (14.42%), Iron: 2.59mg (14.39%), Vitamin C: 10.88mg (13.19%), Zinc: 1.96mg (13.04%), Vitamin A: 651.44IU (13.03%), Phosphorus: 116.28mg (11.63%), Potassium: 356.42mg (10.18%), Vitamin B6: 0.19mg (9.68%), Vitamin K: 10.08µg (9.6%), Vitamin B12: 0.44µg (7.37%), Vitamin E: 1.1mg (7.34%), Copper: 0.14mg (7%), Fiber: 1.6g (6.39%), Magnesium: 24.68mg (6.17%), Vitamin B5: 0.57mg (5.7%), Calcium: 43.69mg (4.37%)