



Hot Dogs a la Rose 2

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 handful carrots shredded
- ☐ 1 Handful cilantro leaves fresh minced
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 0.3 teaspoon garam masala
- ☐ 4 cloves garlic peeled thinly sliced
- ☐ 12 ounce hot dogs such as hebrew national sliced
- ☐ 2 tablespoons catsup

- ☐ 1 large onion diced
- ☐ 0.5 teaspoon paprika smoked spanish
- ☐ 4 servings pita bread toasted for serving cut in half and ,
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 large tomatoes diced
- ☐ 1 teaspoon turmeric

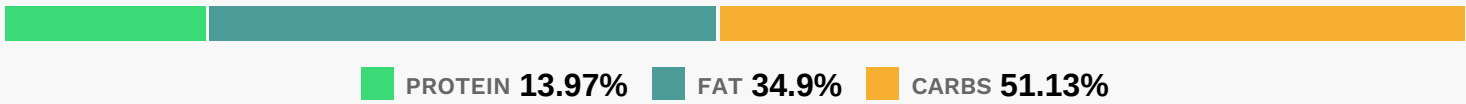
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large nonstick skillet over medium heat. When the oil is shimmering, add the ginger, garlic, carrots if using, onions and sprinkle with salt and pepper. Cook until the onions are softened and slightly brown around the edges, about 5 minutes.
- ☐ Add the turmeric, paprika and garam masala and stir quickly, about 20 seconds. Stir in the ketchup and tomatoes, and taste for seasoning; add more salt and pepper if needed.
- ☐ Add the hot dogs, stirring to cover them with the tomato mixture.
- ☐ Add 1/4 cup water if the mixture is too dry. Cover the skillet and simmer over medium-low heat, about 15 minutes.
- ☐ Taste the hot dogs and season accordingly.
- ☐ Remove the skillet from the heat. Stir in the cilantro and transfer the mixture to a serving bowl or serve in the pita bread.

Nutrition Facts



Properties

Glycemic Index:91.46, Glycemic Load:35.06, Inflammation Score:-10, Nutrition Score:14.14130438929%

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: 435.9kcal (21.8%), Fat: 17.07g (26.26%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 56.27g (18.76%), Net Carbohydrates: 53.44g (19.43%), Sugar: 4.52g (5.02%), Cholesterol: 38.27mg (12.76%), Sodium: 955.64mg (41.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.75%), Selenium: 23.27µg (33.25%), Manganese: 0.57mg (28.64%), Vitamin B1: 0.4mg (26.52%), Vitamin B3: 4.89mg (24.45%), Vitamin B2: 0.33mg (19.65%), Iron: 3.37mg (18.74%), Folate: 71.12µg (17.78%), Phosphorus: 170.6mg (17.06%), Zinc: 2.43mg (16.17%), Vitamin C: 10.88mg (13.19%), Vitamin A: 651.44IU (13.03%), Potassium: 423.62mg (12.1%), Copper: 0.23mg (11.58%), Fiber: 2.83g (11.32%), Vitamin B6: 0.21mg (10.63%), Magnesium: 39.1mg (9.77%), Vitamin K: 10.08µg (9.6%), Calcium: 91.4mg (9.14%), Vitamin B5: 0.79mg (7.92%), Vitamin B12: 0.44µg (7.37%), Vitamin E: 1.1mg (7.34%)