



## Hot Dogs with Dal and Red-Onion Raita

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 all-beef hot dog
- 0.5 cup brown lentils green
- 6 servings kosher salt
- 2 tablespoons mint leaves fresh chopped
- 1 teaspoon ground cumin
- 0.3 teaspoon turmeric
- 6 servings lemon wedges
- 2 teaspoons juice of lemon fresh
- 6 hotdog buns

- 0.5 medium onion paper-thin red cut into 4 wedges, then crosswise into slices
- 2 teaspoons serrano chiles red minced seeded
- 2 tablespoons yogurt plain
- 2.5 cups water

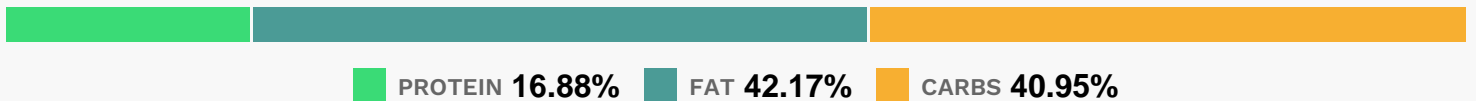
## Equipment

- frying pan

## Directions

- Rinse lentils; place in medium saucepan.
- Add 2 1/2 cups water, cumin, and turmeric; bring to boil. Reduce heat to medium-low; cover and cook until lentils are tender, about 35 minutes.
- Drain, reserving cooking liquid. Mash lentils in pan to coarse sauce, adding reserved cooking liquid by tablespoonfuls if very thick. Season with coarse salt and pepper.
- Mix first 4 ingredients in medium bowl. Fold in yogurt. Season raita with salt and pepper.
- Let stand 30 minutes.
- Arrange buns or bread on plates. Top each with grilled hot dog, dal, and raita.
- Serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index: 24.85, Glycemic Load: 14.1, Inflammation Score: -7, Nutrition Score: 13.009130540101%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 333.19kcal (16.66%), Fat: 15.58g (23.97%), Saturated Fat: 6.01g (37.59%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 27.99g (10.18%), Sugar: 5.14g (5.71%), Cholesterol: 25.33mg (8.44%), Sodium: 877.59mg (38.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.05%), Folate: 124.39µg (31.1%), Vitamin B1: 0.4mg (26.53%), Selenium: 18.38µg (26.26%), Manganese: 0.51mg (25.42%), Fiber: 6.04g (24.18%), Iron: 3.65mg (20.26%), Phosphorus: 194.87mg (19.49%), Vitamin B3: 3.3mg (16.52%), Zinc: 2.19mg (14.62%), Vitamin B12: 0.86µg (14.32%), Vitamin B2: 0.23mg (13.52%), Copper: 0.22mg (11.16%), Magnesium: 41.36mg (10.34%), Calcium: 100.85mg (10.09%), Potassium: 316.25mg (9.04%), Vitamin B6: 0.17mg (8.51%), Vitamin B5: 0.51mg (5.06%), Vitamin C: 4.05mg (4.9%), Vitamin K: 3µg (2.86%), Vitamin D: 0.27µg (1.8%), Vitamin A: 88.92IU (1.78%), Vitamin E: 0.22mg (1.45%)