



Hot Dogs with Pineapple Bacon Relish

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 pound bacon thick cut
- 0.5 large onion red chopped
- 10 oz pineapple fresh finely chopped
- 0.3 cup pickle sweet chopped
- 1 Tbsp juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) sweet
- 8 hot dogs
- 8 hotdog buns

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- grill
- microwave

Directions

- Place the strips of bacon in a skillet on medium heat. Slowly cook the bacon, turning the strips over occasionally until much of the fat is rendered and the bacon is lightly browned.
- Remove the bacon strips to a paper towel lined plate.
- Pour off all but a teaspoon of the bacon fat (do this into a jar, do not pour down the drain or you will clog your pipes). Increase the heat to medium high and add the chopped onion. Cook, stirring occasionally until the onions are translucent, about 5 minutes.
- Remove from heat.
- While the onions are cooking, finely chop the cooled bacon strips.
- Make pineapple bacon relish: In a large bowl stir to combine the bacon, onion, pineapple, and sweet pickles.
- Mix in a tablespoon of sweet pickle juice. You can make ahead at this point, chill until ready to serve with the hot dogs.
- Heat the hot dogs your favorite way. The hot dogs are already cooked when you buy them, so all you really need to do is heat them through.
- Over a grill, grill for about 5 minutes on a medium flame, until lightly browned, and toast the buns for a minute if you wish.
- Or, put the dogs in a saucepan and cover with water. Bring to a simmer and simmer for 5 minutes.
- Or, pierce the hot dogs all over with a fork and put on a plate in the microwave for 20 to 30 seconds per hot dog.
- Assemble:
- Place a hot dog in a bun and top with a couple spoonfuls of relish.

Nutrition Facts

PROTEIN 13.97% FAT 40.09% CARBS 45.94%

Properties

Glycemic Index:21.96, Glycemic Load:17.62, Inflammation Score:-4, Nutrition Score:11.530000137246%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 314.18kcal (15.71%), Fat: 14.03g (21.59%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 34.76g (12.64%), Sugar: 7.75g (8.61%), Cholesterol: 29.61mg (9.87%), Sodium: 661.78mg (28.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.01%), Selenium: 26.4µg (37.72%), Manganese: 0.62mg (30.95%), Vitamin B1: 0.41mg (27.35%), Vitamin C: 18.08mg (21.91%), Vitamin B3: 4.21mg (21.06%), Folate: 69.73µg (17.43%), Vitamin B2: 0.28mg (16.37%), Iron: 2.71mg (15.04%), Phosphorus: 113.58mg (11.36%), Zinc: 1.45mg (9.64%), Calcium: 81.81mg (8.18%), Vitamin B6: 0.14mg (6.8%), Copper: 0.13mg (6.52%), Vitamin B12: 0.39µg (6.5%), Fiber: 1.43g (5.7%), Potassium: 199.06mg (5.69%), Magnesium: 22.6mg (5.65%), Vitamin K: 4.57µg (4.35%), Vitamin B5: 0.4mg (3.99%), Vitamin E: 0.2mg (1.34%), Vitamin A: 62.89IU (1.26%)