



Hot Dogs with Summertime Slaw

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 cups cabbage green sliced
- ☐ 6 servings grilled hot dogs
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup mayonnaise prepared
- ☐ 2 cups cabbage red sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tablespoons sugar

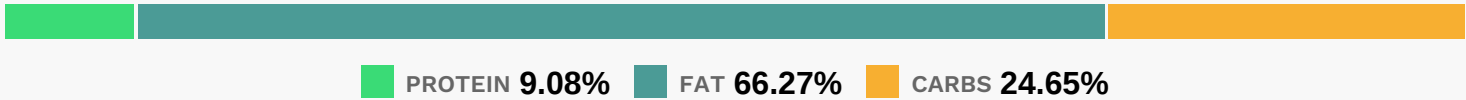
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together the sour cream, mayonnaise, mayonnaise, sugar, red wine vinegar, and apple cider vinegar. Stir in the cabbage and toss to coat. Season the cabbage with salt, and pepper, to taste.
- ☐ Serve the slaw on top of a grilled hot dog, or as a side dish for hot dogs, burgers, or grilled chicken.

Nutrition Facts



Properties

Glycemic Index:49.35, Glycemic Load:6, Inflammation Score:-6, Nutrition Score:9.9508694925386%

Flavonoids

Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 282.2kcal (14.11%), Fat: 21.18g (32.59%), Saturated Fat: 7.33g (45.78%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 16.49g (6%), Sugar: 7.25g (8.05%), Cholesterol: 46.79mg (15.6%), Sodium: 391.55mg (17.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin K: 45.02µg (42.87%), Vitamin C: 25.85mg (31.34%), Selenium: 13.84µg (19.77%), Vitamin B2: 0.22mg (13.11%), Vitamin A: 599.38IU (11.99%), Folate: 40.21µg (10.05%), Vitamin B1: 0.15mg (10%), Vitamin B3: 1.89mg (9.45%), Phosphorus: 91.17mg (9.12%), Manganese: 0.18mg (8.82%), Iron: 1.48mg (8.24%), Zinc: 1.16mg (7.73%), Calcium: 73.75mg (7.38%), Potassium: 231.45mg (6.61%), Vitamin B6: 0.13mg (6.51%), Vitamin B12: 0.33µg (5.43%), Fiber: 1.23g (4.93%), Vitamin B5: 0.47mg (4.73%), Magnesium: 17.72mg (4.43%), Vitamin E: 0.52mg (3.47%), Copper: 0.06mg (2.77%)