



## Idahoan® Picnic Dog

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings celery chopped
- 4 hot dogs kosher-style
- 4 servings kosher pickle spears
- 1 buttery homestyle potato cup mashed idahoan®
- 4 potato flour buns
- 4 servings radishes finely sliced
- 4 servings onion diced red finely
- 3 tablespoons mustard stone ground

4 servings mustard yellow

## Equipment

grill

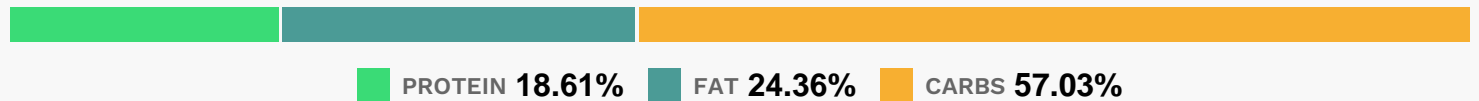
## Directions

Grill hot dogs until done. Prepare Idahoan Buttery Homestyle Mashed Potato Cup according to package directions and stir in stone ground mustard.

Place hot dog on bun and spread potato mixture on top.

Add toppings to your taste. No ketchup needed!

## Nutrition Facts



## Properties

Glycemic Index:66.69, Glycemic Load:10.02, Inflammation Score:-7, Nutrition Score:19.148260634878%

## Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 324.8kcal (16.24%), Fat: 9.28g (14.28%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 42.69g (15.52%), Sugar: 9.06g (10.06%), Cholesterol: 20.25mg (6.75%), Sodium: 1305.28mg (56.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.93%), Vitamin K: 45.16µg (43.01%), Folate: 170.7µg (42.67%), Vitamin B1: 0.54mg (36.3%), Vitamin B3: 5.87mg (29.33%), Vitamin C: 24.03mg (29.13%), Calcium: 271.25mg (27.12%), Selenium: 18.4µg (26.29%), Vitamin B2: 0.45mg (26.24%), Fiber: 6.23g (24.93%), Potassium: 809.66mg (23.13%), Iron: 4.11mg (22.81%), Manganese: 0.38mg (18.81%), Vitamin B6: 0.34mg (16.83%), Phosphorus: 141.14mg (14.11%), Vitamin A: 629.53IU (12.59%), Magnesium: 48.45mg (12.11%), Zinc: 1.55mg (10.31%), Copper: 0.19mg (9.47%), Vitamin B5: 0.84mg (8.4%), Vitamin B12: 0.23µg (3.9%), Vitamin E: 0.44mg (2.92%)