



## Italian Style Hot Dogs

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 all-beef hot dogs
- 1 medium round loaf of bread italian
- 4 servings cooking oil for frying
- 4 servings catsup
- 4 servings mustard
- 1 medium onion sliced
- 2 medium potatoes cut into 1/4 to 1/2-inch rounds
- 1 bell pepper green red sliced

- 4 servings pepper flakes red

## Equipment

- frying pan
- sauce pan
- deep fryer

## Directions

- In a saucepan over medium-high heat, heat enough oil to cover the potatoes to frying temperature (325 to 350 degrees F), and add the potato rounds. Turn them over when they begin to stick to the pan, and fry until the potatoes are browned and crispy on the outside. (The potatoes can also be cooked in a deep fryer for 3 to 5 minutes.) Set the potatoes aside, and turn the heat down to medium.
- Add the hot dogs, onions and peppers to the remaining oil in the saucepan.
- Let them cook together and exchange flavors until the hot dogs are done and the onions and peppers are beginning to brown.
- Cut the bread into quarters. Starting at the point of one wedge, slice open through the soft middle of the bread, not across the crust and not completely in half. You should be able to peel open the bread just enough to make a pocket for the dog. Mustard can be added to the inside of the bun.
- Place one dog on the bottom, then pile with the onions, peppers and about half a potato worth of rounds. If the toppings are overflowing the bun, you're doing it just right. Ketchup and sprinkled red pepper flakes can be added on top. Have a fork handy!
- Cut the bread in half. Slice open a pocket in the middle of the half-moon. Put 2 hot dogs on the bottom and double everything, especially the potato rounds - about 1 potato's worth can fit on top!
- This recipe was provided by a professional chef or restaurant and may have been scaled down from a bulk recipe. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

## Nutrition Facts



**PROTEIN 11.42%** **FAT 48.51%** **CARBS 40.07%**

## Properties

Glycemic Index:52.85, Glycemic Load:16.08, Inflammation Score:-7, Nutrition Score:14.173912970916%

## Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

## Nutrients (% of daily need)

Calories: 313.88kcal (15.69%), Fat: 17.38g (26.73%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 27.75g (10.09%), Sugar: 7.24g (8.05%), Cholesterol: 25.2mg (8.4%), Sodium: 726.59mg (31.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.41%), Vitamin C: 47.6mg (57.69%), Vitamin B6: 0.52mg (26.15%), Potassium: 697.6mg (19.93%), Manganese: 0.4mg (19.84%), Fiber: 4.55g (18.21%), Phosphorus: 161.96mg (16.2%), Vitamin B3: 3.19mg (15.97%), Vitamin A: 786.4IU (15.73%), Selenium: 9.86µg (14.09%), Iron: 2.32mg (12.9%), Copper: 0.26mg (12.76%), Vitamin B12: 0.73µg (12.22%), Vitamin B1: 0.17mg (11.67%), Magnesium: 46.27mg (11.57%), Vitamin E: 1.63mg (10.86%), Zinc: 1.6mg (10.64%), Vitamin B2: 0.16mg (9.38%), Folate: 36.15µg (9.04%), Vitamin K: 9.31µg (8.87%), Vitamin B5: 0.57mg (5.75%), Calcium: 47.33mg (4.73%), Vitamin D: 0.27µg (1.8%)