



Los Angeles Koreatown Dogs

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 all-beef hot dog
- ☐ 8 hotdog buns split toasted
- ☐ 1 cup kimchi coarsely chopped
- ☐ 0.3 cup pepper flakes hot
- ☐ 0.3 cup spring onion sliced

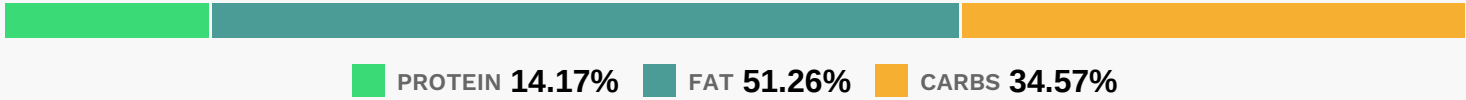
Equipment

- ☐ grill

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Place hot dogs on grill over medium heat. Cook uncovered 10 to 15 minutes, turning frequently, until hot.
- ☐ Serve hot dogs on buns. Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:12.93, Inflammation Score:-3, Nutrition Score:8.9395652594774%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 270.76kcal (13.54%), Fat: 15.38g (23.66%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 22.19g (8.07%), Sugar: 4.29g (4.76%), Cholesterol: 25.2mg (8.4%), Sodium: 743.71mg (32.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Selenium: 16.85µg (24.07%), Vitamin B1: 0.25mg (16.84%), Vitamin B3: 3.04mg (15.2%), Vitamin K: 15.43µg (14.7%), Iron: 2.51mg (13.97%), Vitamin B12: 0.82µg (13.64%), Folate: 53.2µg (13.3%), Manganese: 0.26mg (12.89%), Vitamin B2: 0.21mg (12.23%), Phosphorus: 112.55mg (11.25%), Vitamin C: 7.88mg (9.55%), Zinc: 1.35mg (9.01%), Calcium: 73.35mg (7.34%), Copper: 0.12mg (6.07%), Vitamin B6: 0.12mg (5.77%), Magnesium: 19.34mg (4.84%), Fiber: 1.15g (4.59%), Potassium: 155.77mg (4.45%), Vitamin D: 0.27µg (1.8%), Vitamin A: 89.57IU (1.79%), Vitamin E: 0.18mg (1.2%), Vitamin B5: 0.11mg (1.11%)