



Malai Chicken Hot Dog

READY IN



90 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 8 servings arugula
- ☐ 0.3 cup cream cheese room temperature
- ☐ 0.5 cup dijon mustard
- ☐ 0.3 teaspoon mint leaves dried
- ☐ 2 eggs well beaten
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic grated
- ☐ 1 tablespoon ginger plus grated chopped

- ☐ 1 apples i use 2 granny smith apples cut into matchsticks
- ☐ 2 pounds ground chicken
- ☐ 8 brioche hot dog buns
- ☐ 2 jalapeños grated seeded
- ☐ 2 jalapeños thinly sliced
- ☐ 0.3 cup mangos diced
- ☐ 0.3 cup mango pulp
- ☐ 8 servings mayonnaise
- ☐ 1 teaspoon kastoori methi dried fenugreek
- ☐ 0.5 cup mint leaves fresh whole chopped for garnish
- ☐ 0.3 cup tandoori masala
- ☐ 2 onions red finely chopped
- ☐ 8 servings butter unsalted for cooking buns
- ☐ 4 tablespoons vegetable oil

Equipment

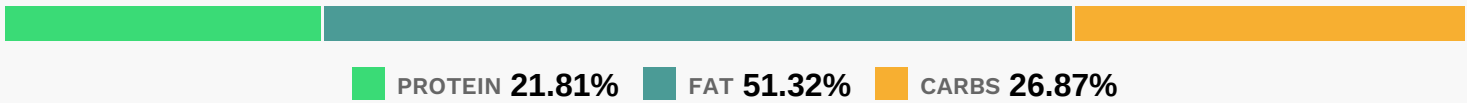
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil

Directions

- ☐ Mix together the chicken, cilantro, mint, cream cheese, tandoori, garlic, ginger, kastoori methi, jalapenos, onions and eggs. Divide the mixture into 8 portions and form each into a hot dog about 6 inches long and 1 1/2 inches wide.
- ☐ Place on a baking sheet and refrigerate for 30 minutes.
- ☐ Heat 2 tablespoons vegetable oil in a large saute pan over medium-high heat.
- ☐ Add 4 of the hot dogs and sear until browned on all sides, 3 to 5 minutes. Reduce the heat to medium-low and cook until cooked all the way through, 6 to 8 minutes.

- ☐
- Transfer the hot dogs to a plate and cover with foil to keep warm. Wipe out the pan and use the remaining vegetable oil to cook the remaining hot dogs. Meanwhile, place the apples and sliced jalapenos into 2 separate small bowls.
- ☐
- Add enough apple cider vinegar to cover each and let sit for 15 minutes. Wipe out the pan that was used to cook the hot dogs and set it over medium–low heat. Put a dot of butter onto each bun and lightly brown the buns cut–side down in batches, 2 to 3 minutes. Assemble each serving with a bun, hot dog, mango mustard, mayonnaise, arugula, mint leaves, apples and jalapeno slices.
- ☐
- Serve with the remaining mango mustard on the side.

Nutrition Facts



Properties

Glycemic Index:62.47, Glycemic Load:15.14, Inflammation Score:-8, Nutrition Score:22.185217173203%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 521.6kcal (26.08%), Fat: 29.37g (45.18%), Saturated Fat: 8.9g (55.65%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 30.75g (11.18%), Sugar: 10.2g (11.33%), Cholesterol: 158.04mg (52.68%), Sodium: 525.9mg (22.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.16%), Selenium: 32.99µg (47.13%), Vitamin B3: 8.48mg (42.42%), Vitamin B6: 0.75mg (37.28%), Vitamin K: 38.88µg (37.03%), Phosphorus: 320.46mg (32.05%), Manganese: 0.61mg (30.73%), Vitamin B2: 0.52mg (30.49%), Vitamin B1: 0.42mg (28.06%), Potassium: 893.86mg (25.54%), Iron: 4.35mg (24.17%), Vitamin C: 17.91mg (21.71%), Vitamin A: 1040.78IU (20.82%), Folate: 72.08µg (18.02%), Vitamin B5: 1.65mg (16.53%), Zinc: 2.46mg (16.38%), Fiber: 3.84g (15.35%), Magnesium: 59.53mg (14.88%), Vitamin B12: 0.85µg (14.11%), Calcium: 132.07mg (13.21%), Vitamin E: 1.87mg (12.47%), Copper: 0.2mg

(9.86%), Vitamin D: 0.3µg (2.02%)