



Manchego Cheese and Garlic Dogs

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings balsamic vinegar
- ☐ 6 grilled all-beef hot dogs
- ☐ 6 servings coarse kosher salt
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 large heads garlic
- ☐ 6 grilled hot dog buns or split
- ☐ 2 ounces manchego cheese grated
- ☐ 5 teaspoons olive oil extra-virgin divided
- ☐ 0.5 cup roasted peppers from jar diced red drained

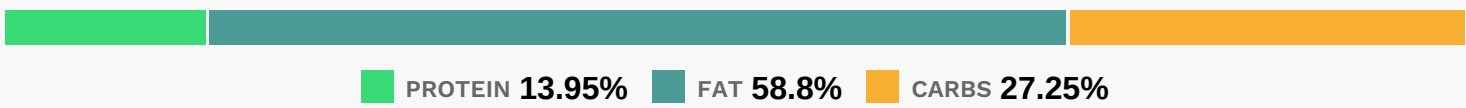
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place each head of garlic, cut side up, in center of square of foil; drizzle each with 1 teaspoon oil. Enclose garlic in foil.
- ☐ Place packets on oven rack; roast until garlic is tender, about 45 minutes. Open packets; cool 15 minutes.
- ☐ Squeeze garlic cloves into small bowl. Mash enough roasted garlic to measure 1/4 cup (reserve remaining garlic for another use).
- ☐ Transfer 1/4 cup mashed garlic to bowl.
- ☐ Mix in 3 teaspoons oil, red peppers, and parsley. Season with coarse salt and pepper.
- ☐ Arrange buns on plates. Top each with grilled hot dog, then cheese, garlic relish, and drizzle of vinegar.
- ☐ * A Spanish cheese made from sheep's milk; available at some supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:12.76, Inflammation Score:-3, Nutrition Score:9.1013044533522%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 339.52kcal (16.98%), Fat: 22.03g (33.89%), Saturated Fat: 8.79g (54.96%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 22.04g (8.01%), Sugar: 3.82g (4.25%), Cholesterol: 35.31mg (11.77%), Sodium: 1082.96mg (47.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.52%), Selenium: 16.82µg (24.03%), Calcium: 173.57mg (17.36%), Vitamin B1: 0.25mg (16.68%), Vitamin B3: 2.88mg (14.42%), Vitamin K: 14.99µg (14.27%), Vitamin B12: 0.82µg (13.64%), Manganese: 0.27mg (13.61%), Iron: 2.24mg (12.47%), Folate: 45.54µg (11.38%), Phosphorus: 109.56mg (10.96%), Vitamin B2: 0.18mg (10.34%), Zinc: 1.33mg (8.87%), Vitamin C: 6.99mg (8.48%), Copper: 0.13mg (6.36%), Magnesium: 17.53mg (4.38%), Vitamin B6: 0.08mg (4.23%), Vitamin E: 0.6mg (4%), Potassium: 134.44mg (3.84%), Fiber: 0.93g (3.74%), Vitamin A: 169.26IU (3.39%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.11mg (1.08%)