



Maui Dogs

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 all-beef hot dog
- ☐ 8 small portugese rolls
- ☐ 1 cup salsa
- ☐ 2 tablespoons spring onion sliced

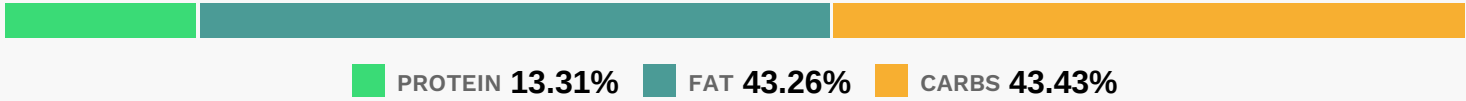
Equipment

- ☐ bowl
- ☐ wooden spoon
- ☐ 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.
- ☐ Using handle of wooden spoon, poke a hole through center of each bun lengthwise to make hole for hot dog.
- ☐ In small bowl, mix salsa and green onions; spoon 2 tablespoons salsa mixture into hole in each bun.
- ☐ Place hot dog in each bun; top with additional salsa, if desired.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:22.98, Inflammation Score:-1, Nutrition Score:6.6634783796642%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 330.3kcal (16.51%), Fat: 15.88g (24.43%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 35.88g (11.96%), Net Carbohydrates: 34.19g (12.43%), Sugar: 6.32g (7.03%), Cholesterol: 25.2mg (8.4%), Sodium: 967.21mg (42.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Iron: 11.41mg (63.4%), Vitamin B12: 0.73µg (12.22%), Selenium: 5.48µg (7.82%), Phosphorus: 73.96mg (7.4%), Zinc: 1.06mg (7.04%), Vitamin B3: 1.4mg (7.02%), Fiber: 1.69g (6.76%), Vitamin B6: 0.09mg (4.53%), Copper: 0.09mg (4.27%), Vitamin K: 4.47µg (4.26%), Potassium: 146.49mg (4.19%), Vitamin A: 170.96IU (3.42%), Vitamin B2: 0.06mg (3.33%), Magnesium: 11.02mg (2.76%), Vitamin E: 0.4mg (2.7%), Manganese: 0.05mg (2.41%), Calcium: 21.07mg (2.11%), Vitamin B1: 0.03mg (1.83%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.17mg (1.66%), Folate: 4.96µg (1.24%), Vitamin C: 0.9mg (1.09%)