



Mexican Hot Dogs with Pineapple Salsa

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup pineapple rings fresh canned chopped
- 0.3 cup onion red chopped
- 1 tablespoon cilantro leaves fresh chopped
- 1 juice of lime
- 2 jalapeno
- 6 hot dogs
- 0.5 cup mayonnaise
- 1 teaspoons chipotles in adobo chopped (from 7-oz can)

6 hotdog buns split

Equipment

bowl

grill

cutting board

Directions

Heat gas or charcoal grill. In small bowl, mix salsa ingredients; set aside.

Place jalapeños on grill over medium heat. Cook uncovered, turning frequently, until tender (and skins begin to brown, if desired).

Remove from grill to cutting board.

Remove stems and seeds. Slice jalapeños into rings; set aside.

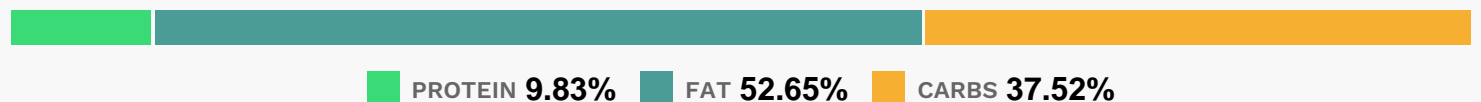
Place hot dogs on grill over medium heat. Cook uncovered about 10 minutes, turning frequently, until hot.

In small bowl, mix mayonnaise and chipotle chiles.

Spread mixture on cut sides of each bun.

Place grilled hot dogs in buns; top with pineapple salsa and jalapeño rings.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:15.29, Inflammation Score:-4, Nutrition Score:11.165652057399%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 380.6kcal (19.03%), Fat: 22.36g (34.41%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 34.35g (12.49%), Sugar: 8.12g (9.02%), Cholesterol: 28.09mg (9.36%), Sodium: 637.13mg (27.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.79%), Selenium: 24.09µg (34.42%), Vitamin K: 33.8µg (32.19%), Vitamin B1: 0.38mg (25.18%), Vitamin B3: 3.61mg (18.06%), Folate: 67.51µg (16.88%), Vitamin B2: 0.27mg (15.77%), Iron: 2.69mg (14.97%), Manganese: 0.29mg (14.62%), Vitamin C: 10.98mg (13.31%), Phosphorus: 97.39mg (9.74%), Zinc: 1.3mg (8.66%), Calcium: 81.16mg (8.12%), Copper: 0.12mg (6.17%), Vitamin E: 0.91mg (6.09%), Fiber: 1.51g (6.03%), Vitamin B12: 0.34µg (5.69%), Magnesium: 22.12mg (5.53%), Potassium: 186.19mg (5.32%), Vitamin B6: 0.1mg (5.15%), Vitamin B5: 0.3mg (2.96%), Vitamin A: 85.12IU (1.7%)