



Mexican Hot Dogs with Pineapple Salsa

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

☐ 0.3 cup onion red chopped

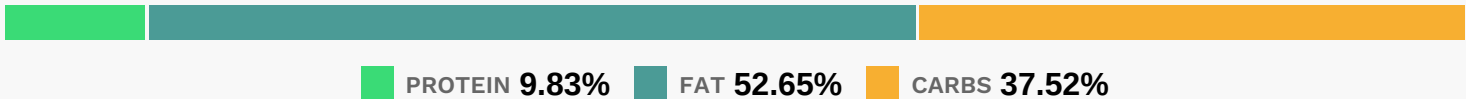
Equipment

- ☐ bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix salsa ingredients; set aside.
- ☐ Place jalapeos 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 jalapeos 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 jalapeo 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%)