



Muffuletta Dogs

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots grated
- ☐ 2 cups cauliflower fresh chopped
- ☐ 0.3 cup celery thinly sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 6 hot dogs
- ☐ 0.3 cup kalamata olives chopped
- ☐ 0.3 cup bottled olive oil vinaigrette light
- ☐ 0.3 cup pimiento-stuffed olives spanish chopped
- ☐ 3 slices provolone cheese chopped reduced-fat

- ☐ 0.3 cup marinated roasted bell peppers red jarred chopped
- ☐ 6 servings rolls

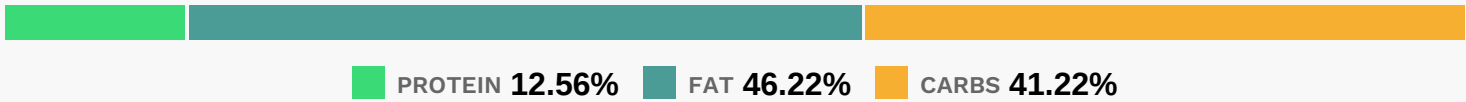
Equipment

- ☐ grill

Directions

- ☐ Stir together cauliflower, carrot, chopped provolone cheese, celery, chopped roasted red bell peppers, chopped stuffed olives, chopped kalamata olives, parsley, and vinaigrette. Cover and chill 2 hours. Grill hot dogs according to package directions.
- ☐ Place hot dogs in rolls, and top with cauliflower mixture.

Nutrition Facts



Properties

Glycemic Index:45.14, Glycemic Load:26.04, Inflammation Score:-9, Nutrition Score:15.368261039257%

Flavonoids

Apigenin: 5.56mg, Apigenin: 5.56mg, Apigenin: 5.56mg, Apigenin: 5.56mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 429.4kcal (21.47%), Fat: 22.3g (34.31%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 44.74g (14.91%), Net Carbohydrates: 42.07g (15.3%), Sugar: 5.68g (6.32%), Cholesterol: 26.81mg (8.94%), Sodium: 974.79mg (42.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Iron: 12.27mg (68.15%), Vitamin K: 55µg (52.38%), Vitamin A: 2186.02IU (43.72%), Vitamin C: 23.86mg (28.92%), Selenium: 13.66µg (19.52%), Folate: 51.43µg (12.86%), Vitamin E: 1.88mg (12.52%), Phosphorus: 114.87mg (11.49%), Calcium: 114.69mg (11.47%), Vitamin B2: 0.19mg (11.26%), Fiber: 2.67g (10.67%), Vitamin B3: 2.08mg (10.41%), Vitamin B1: 0.14mg (9.41%), Zinc: 1.38mg (9.23%), Potassium: 257.22mg (7.35%), Manganese: 0.13mg (6.6%), Vitamin B6: 0.13mg (6.46%), Vitamin B12: 0.37µg (6.21%), Vitamin B5: 0.56mg (5.6%), Magnesium: 18.75mg (4.69%), Copper: 0.08mg (4.23%)