



Mustard Pretzel Dogs

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 small fennel bulb thinly sliced
- ☐ 1 head radicchio thinly sliced
- ☐ 1 apples julienned peeled
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 teaspoon honey
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper freshly ground

- ☐ 6 hot dogs
- ☐ 6 pretzel rolls split
- ☐ 0.3 cup mustard

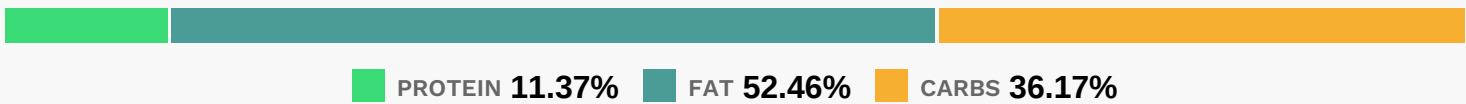
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, toss fennel, radicchio and apple. In small bowl, mix oil, vinegar, honey, salt and pepper.
- ☐ Pour dressing over fennel mixture; toss to coat. Set aside at room temperature or refrigerate until serving time.
- ☐ Place hot dogs on grill over medium heat. Cook uncovered about 10 minutes, turning frequently, until hot.
- ☐ Add rolls, cut sides down, to grill for last 2 to 3 minutes of cooking time until toasted.
- ☐ Spread mustard on cut sides of each toasted roll.
- ☐ Place grilled hot dogs in rolls; top with slaw.

Nutrition Facts



Properties

Glycemic Index:43.55, Glycemic Load:5.46, Inflammation Score:-6, Nutrition Score:14.710434695949%

Flavonoids

Cyanidin: 59.74mg, Cyanidin: 59.74mg, Cyanidin: 59.74mg, Cyanidin: 59.74mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg Luteolin: 17.77mg, Luteolin: 17.77mg, Luteolin: 17.77mg, Luteolin: 17.77mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 16.1mg, Quercetin: 16.1mg, Quercetin: 16.1mg, Quercetin: 16.1mg

Nutrients (% of daily need)

Calories: 237.28kcal (11.86%), Fat: 14.39g (22.14%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 18.3g (6.66%), Sugar: 7.64g (8.49%), Cholesterol: 20.25mg (6.75%), Sodium: 589.69mg (25.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Vitamin K: 173.09µg (164.85%), Selenium: 16.44µg (23.48%), Folate: 72.78µg (18.19%), Vitamin C: 14.65mg (17.76%), Vitamin E: 2.61mg (17.38%), Potassium: 582.47mg (16.64%), Manganese: 0.33mg (16.4%), Fiber: 4.03g (16.1%), Copper: 0.26mg (13.15%), Iron: 2.34mg (12.97%), Vitamin B3: 2.38mg (11.9%), Phosphorus: 117.27mg (11.73%), Vitamin B2: 0.18mg (10.55%), Vitamin B1: 0.15mg (9.87%), Zinc: 1.44mg (9.59%), Magnesium: 32.02mg (8.01%), Calcium: 66.98mg (6.7%), Vitamin B5: 0.59mg (5.91%), Vitamin B6: 0.11mg (5.29%), Vitamin B12: 0.23µg (3.9%), Vitamin A: 141.09IU (2.82%)