



New Jersey Italian Hot Dog



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 servings salt
- ☐ 2 pounds potatoes peeled cut into 1/2 inch chunks
- ☐ 2 medium pasilla peppers green sliced into strips
- ☐ 1 large onion white yellow sliced into strips
- ☐ 1 teaspoon a mixture of oregano italian
- ☐ 8 beef hot dogs with natural casings
- ☐ 4 sandwich buns

☐ 4 servings mustard

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ spatula

Directions

- ☐ Fry the potatoes:
- ☐ Heat the olive oil in a large frying pan or skillet or griddle until it shimmers.
- ☐ Put the potatoes in the pan in one layer and fry on medium-high heat for 2-3 minutes without touching them.
- ☐ Use a metal spatula to scrape the potatoes off the bottom of the skillet, flipping them.
- ☐ Sprinkle salt over the potatoes, and cook for another 2-3 minutes without touching them.
- ☐ Brown the peppers and onions, add back the potatoes:
- ☐ Remove the potatoes, which should be partially browned, to a bowl and set aside. Increase the heat to high and add the peppers and onions. Arrange evenly in the pan and cook for 2-3 minutes without touching them.
- ☐ Sprinkle salt over them, then flip and cook for another 2-3 minutes untouched. There should be some browned and even blackened bits here and there.
- ☐ Add the Italian seasoning and the potatoes to the pan, stir to combine and cook over medium-high heat until they are soft and nicely browned, about 8-10 minutes.
- ☐ Heat a grill or a frying pan to cook your hot dogs; don't boil your dogs for this recipe. Grill or fry until they are done to your liking and set aside.
- ☐ Assemble: Liberally smear mustard on both sides of the sandwich roll.
- ☐ Add two hot dogs per roll and top with as much of the potatoes, peppers and onions as will fit.
- ☐ Serve at once.

Nutrition Facts



 **PROTEIN 10.88%**  **FAT 49.52%**  **CARBS 39.6%**

Properties

Glycemic Index:39.44, Glycemic Load:29.98, Inflammation Score:-8, Nutrition Score:28.712174187536%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg

Nutrients (% of daily need)

Calories: 786.56kcal (39.33%), Fat: 43.72g (67.26%), Saturated Fat: 13.55g (84.7%), Carbohydrates: 78.65g (26.22%), Net Carbohydrates: 70.27g (25.55%), Sugar: 7.33g (8.14%), Cholesterol: 50.4mg (16.8%), Sodium: 1498.66mg (65.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.24%), Vitamin C: 95.32mg (115.54%), Selenium: 35.23µg (50.33%), Vitamin B6: 0.94mg (47.04%), Manganese: 0.79mg (39.72%), Potassium: 1306.22mg (37.32%), Vitamin B1: 0.55mg (36.4%), Vitamin B3: 7.25mg (36.25%), Phosphorus: 341.19mg (34.12%), Fiber: 8.38g (33.51%), Iron: 5.47mg (30.37%), Folate: 110.45µg (27.61%), Copper: 0.52mg (26.24%), Vitamin B12: 1.47µg (24.45%), Magnesium: 92.71mg (23.18%), Vitamin B2: 0.39mg (22.75%), Zinc: 3.35mg (22.34%), Vitamin K: 20.51µg (19.54%), Vitamin E: 2.54mg (16.95%), Vitamin B5: 1.23mg (12.28%), Calcium: 116.33mg (11.63%), Vitamin A: 237.49IU (4.75%), Vitamin D: 0.54µg (3.6%)