



New York Street Cart Dog

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



320 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 8 hot dog buns
- ☐ 8 kosher hot dogs boiled recommended: Best's
- ☐ 1 teaspoon hot sauce
- ☐ 0.3 cup catsup
- ☐ 0.5 teaspoon kosher salt

- ☐ 8 servings onion sauce
- ☐ 2 medium onions cut into 1/4-inch slices
- ☐ 0.3 teaspoon freshly cracked pepper black
- ☐ 8 servings sauerkraut as needed cooked
- ☐ 8 servings spicy brown mustard as needed recommended: Gulden's
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

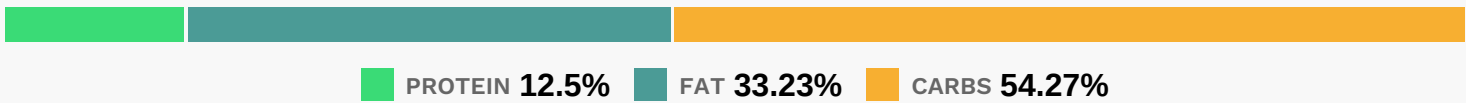
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a medium saucepan over medium heat.
- ☐ Add the onions and saute until they are soft. Stir in the honey, cinnamon and chili powder and cook for 1 minute.
- ☐ Add the ketchup, water, hot sauce, salt and black pepper. Bring to a simmer and cook until the sauce thickens, about 10 to 15 minutes.
- ☐ Transfer the mixture to a bowl and let it cool to room temperature before serving. (Chef's Note: The sauce can be refrigerated, covered, for up to 2 days.)
- ☐ Put the boiled hot dogs onto the buns.
- ☐ Spread the bottom half of each bun with some mustard and top each hot dog with the onion sauce or sauerkraut or both.

Nutrition Facts



Properties

Glycemic Index:37.16, Glycemic Load:19.03, Inflammation Score:-6, Nutrition Score:11.343913021295%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg

Nutrients (% of daily need)

Calories: 320.43kcal (16.02%), Fat: 12.02g (18.5%), Saturated Fat: 3.28g (20.47%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 41.61g (15.13%), Sugar: 12.61g (14.01%), Cholesterol: 20.25mg (6.75%), Sodium: 812.27mg (35.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.35%), Selenium: 25.73µg (36.76%), Vitamin B1: 0.39mg (25.85%), Manganese: 0.45mg (22.49%), Folate: 79.13µg (19.78%), Vitamin B3: 3.71mg (18.54%), Vitamin B2: 0.29mg (17.31%), Iron: 2.88mg (15.99%), Phosphorus: 119.77mg (11.98%), Fiber: 2.57g (10.29%), Calcium: 98.38mg (9.84%), Zinc: 1.43mg (9.52%), Vitamin C: 7.58mg (9.19%), Vitamin K: 9.34µg (8.89%), Vitamin B6: 0.17mg (8.5%), Potassium: 275.56mg (7.87%), Magnesium: 28.03mg (7.01%), Copper: 0.13mg (6.58%), Vitamin B12: 0.32µg (5.32%), Vitamin E: 0.59mg (3.93%), Vitamin B5: 0.36mg (3.61%), Vitamin A: 82.86IU (1.66%)