



## New York Street Cart Dogs with Onion Sauce and Grilled Red Pepper Relish

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



516 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons ancho chile powder
- 8 all-beef kosher hot dogs
- 0.3 teaspoon pepper black freshly ground
- 8 servings pepper black freshly ground
- 2 tablespoons canola oil
- 8 servings canola oil
- 8 servings dijon mustard

- 3 tablespoons flat-leaf parsley fresh finely chopped for garnish
- 0.5 teaspoon ground cinnamon
- 8 servings regular hot dog buns soft
- 0.3 teaspoon hot sauce
- 0.5 cup catsup
- 0.5 teaspoon kosher salt
- 8 servings kosher salt and pepper black freshly ground
- 3 tablespoons olive oil extra-virgin
- 2 large onions halved thinly sliced
- 3 grilled peppers diced red peeled seeded
- 2 tablespoons red wine vinegar
- 6 cloves roasted garlic coarsely chopped

## Equipment

- bowl
- sauce pan
- grill

## Directions

- Heat the oil in a medium saucepan over medium heat.
- Add the onions and cook until soft, about 5 minutes. Stir in the chile powder and cinnamon and cook for 1 minute.
- Add 1 cup water, the ketchup, hot sauce, salt and black pepper and bring to a simmer. Cook until thickened and the onions are very soft, adding more water if needed, about 25 minutes.
- Transfer to a bowl and let cool to room temperature before serving.
- Combine the garlic, peppers, oil, vinegar and parsley in a bowl and season with salt and pepper. Cover and let sit at room temperature for at least 30 minutes before serving.
- Heat a grill to high for direct grilling.
- Brush the dogs with oil and sprinkle with pepper. Grill until slightly charred and golden brown on all sides, about 6 minutes.

Put the hot dogs in the buns and top with mustard, onion sauce and grilled pepper relish.

## Nutrition Facts

**PROTEIN 8.19%** **FAT 66.08%** **CARBS 25.73%**

### Properties

Glycemic Index:36.75, Glycemic Load:13.91, Inflammation Score:-7, Nutrition Score:16.234347841014%

### Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

### Nutrients (% of daily need)

Calories: 515.96kcal (25.8%), Fat: 38.43g (59.12%), Saturated Fat: 8.05g (50.34%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 30.84g (11.22%), Sugar: 9.82g (10.91%), Cholesterol: 25.2mg (8.4%), Sodium: 1023.63mg (44.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.43%), Vitamin C: 42.66mg (51.71%), Vitamin K: 47.29µg (45.04%), Vitamin E: 4.55mg (30.35%), Selenium: 19.17µg (27.38%), Manganese: 0.49mg (24.43%), Vitamin B1: 0.31mg (20.48%), Vitamin B3: 3.41mg (17.03%), Iron: 2.72mg (15.14%), Folate: 58.48µg (14.62%), Phosphorus: 141.65mg (14.16%), Vitamin B12: 0.82µg (13.64%), Vitamin B2: 0.23mg (13.61%), Vitamin B6: 0.27mg (13.61%), Fiber: 2.83g (11.3%), Vitamin A: 523.61IU (10.47%), Zinc: 1.55mg (10.3%), Calcium: 94.77mg (9.48%), Copper: 0.19mg (9.41%), Potassium: 325.68mg (9.31%), Magnesium: 30.93mg (7.73%), Vitamin B5: 0.24mg (2.39%), Vitamin D: 0.27µg (1.8%)