



Scott's Beef Hotdog with Gorgonzola, Marinated Tomatoes, Grilled Onion and Frisee

READY IN



90 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 all-natural beef hot dogs
- 2 beefsteak tomatoes paper-thin sliced
- 1 pinch chili flakes
- 1 sprig thyme leaves fresh leaves picked
- 1 head frisée lettuce dark light green washed separated
- 1 clove garlic smashed
- 4 ounces gorgonzola cheese cut into small cubes
- 6 potato hot dog buns

- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil
- 6 servings olive oil
- 6 servings olive oil for drizzling
- 1 teaspoon red wine vinegar
- 6 servings salt and pepper black freshly ground
- 6 servings sea salt
- 1 vidalia onion peeled sliced



Equipment

- whisk
- grill

Directions

- Preheat the grill to medium-high heat.
- Lay the tomatoes out on a large flat dish.
- Whisk together the oil, vinegar, salt, chili flakes, garlic and thyme leaves.
- Pour over the tomatoes and let sit for 1 to 2 hours.
- For the grilled onions: Rub the onions with a little olive oil and sprinkle with salt and black pepper. Grill until charred on each side, 4 to 6 minutes.
- Remove from the grill and reserve. For the hot dogs: Grill the hotdogs until hot and crispy, 3 to 5 minutes. Toast the buns on the grill, 1 to 2 minutes.
- For assembly: Line the tomatoes on one side of the buns, and line the onions on the other side. Top each with a hotdog. Divide the cheese and frisee over the hot dogs, and finish with a little olive oil and sea salt.

Nutrition Facts

 **PROTEIN 9.38%**  **FAT 70.31%**  **CARBS 20.31%**

Properties

Glycemic Index:39, Glycemic Load:14.07, Inflammation Score:-10, Nutrition Score:25.121739252754%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg

Nutrients (% of daily need)

Calories: 648.67kcal (32.43%), Fat: 51.43g (79.12%), Saturated Fat: 13.75g (85.92%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 29.22g (10.63%), Sugar: 9.93g (11.03%), Cholesterol: 39.37mg (13.12%), Sodium: 1304.22mg (56.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.87%), Vitamin K: 142.16µg (135.39%), Vitamin A: 3256.1IU (65.12%), Vitamin E: 6.01mg (40.08%), Vitamin C: 28.19mg (34.17%), Manganese: 0.6mg (30.2%), Folate: 120.69µg (30.17%), Selenium: 19.94µg (28.49%), Phosphorus: 240.08mg (24.01%), Calcium: 228.2mg (22.82%), Vitamin B1: 0.34mg (22.66%), Vitamin B3: 3.95mg (19.73%), Potassium: 656.56mg (18.76%), Vitamin B2: 0.32mg (18.55%), Vitamin B12: 1.05µg (17.48%), Iron: 3.13mg (17.42%), Fiber: 4.19g (16.77%), Copper: 0.33mg (16.5%), Vitamin B6: 0.3mg (15%), Zinc: 2.23mg (14.89%), Magnesium: 49.33mg (12.33%), Vitamin B5: 1.02mg (10.22%), Vitamin D: 0.36µg (2.43%)