



So-Cal Baja Hot Dog

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado
- ☐ 4 all-beef hot dog fat-free 97%
- ☐ 1 cup pico de gallo
- ☐ 1 radishes
- ☐ 4 buns toasted

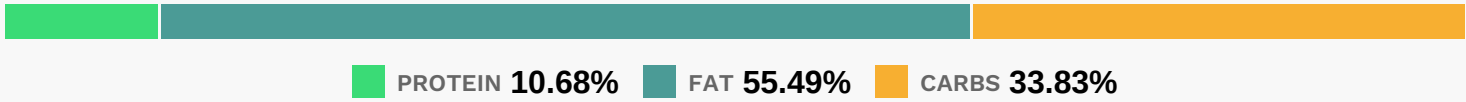
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to medium heat. Thinly slice 1 radish. Pit, peel, and chop 1 avocado. Chop fresh cilantro, if desired.
- ☐ Place 4 (97% fat-free) beef franks on grill rack coated with cooking spray; grill, covered, 10 to 15 minutes, turning frequently until done.
- ☐ Place franks into each of 4 toasted white-wheat hot dog buns; spoon 1 cup pico de gallo evenly over top of dogs.
- ☐ Sprinkle evenly with radishes, avocado, and cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:12.733043452968%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 365.83kcal (18.29%), Fat: 23.55g (36.24%), Saturated Fat: 7.27g (45.43%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 27.31g (9.93%), Sugar: 9.04g (10.04%), Cholesterol: 25.2mg (8.4%), Sodium: 1058.46mg (46.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.4%), Selenium: 18.9µg (27%), Manganese: 0.51mg (25.62%), Folate: 90.83µg (22.71%), Fiber: 5g (19.99%), Vitamin B3: 3.81mg (19.04%), Vitamin B1: 0.25mg (16.39%), Vitamin B2: 0.24mg (14.26%), Iron: 2.56mg (14.23%), Phosphorus: 141.18mg (14.12%), Copper: 0.25mg (12.54%), Vitamin B12: 0.74µg (12.3%), Zinc: 1.76mg (11.71%), Vitamin K: 11.88µg (11.32%), Potassium: 372.54mg (10.64%), Vitamin C: 8.4mg (10.19%), Vitamin B5: 1.01mg (10.08%), Vitamin B6: 0.2mg (10.07%), Magnesium: 39.22mg (9.81%), Vitamin E: 1.07mg (7.13%), Vitamin A: 339.48IU (6.79%), Calcium: 51.15mg (5.12%), Vitamin D: 0.27µg (1.8%)