



Sweet Heat Hot Dogs

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



399 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 spring onion minced
- ☐ 8 hotdog buns toasted
- ☐ 8 hot dogs
- ☐ 0.8 cup mayonnaise
- ☐ 2 cups cabbage shredded red
- ☐ 2 tablespoons sriracha hot
- ☐ 1 cup pickle chopped
- ☐ 1 tablespoon coarse mustard whole

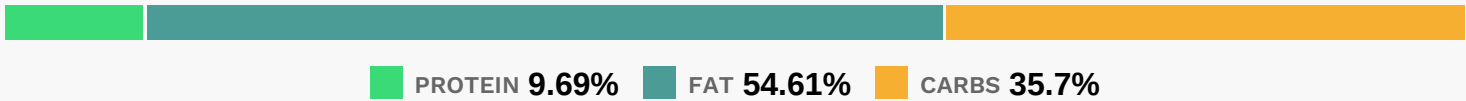
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Combine first 3 ingredients and 1 Tbsp. chili sauce in a small bowl.
- ☐ Brush hot dogs with remaining 1 Tbsp. chili sauce.
- ☐ Grill hot dogs, covered with grill lid, 4 to 6 minutes or until thoroughly heated.
- ☐ Place hot dogs in buns, and top with mayonnaise mixture.
- ☐ Sprinkle with chopped pickles and shredded cabbage.
- ☐ Note: We tested with Wickles Pickles and Huy Fong Sriracha Hot Chili Sauce.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:15.51, Inflammation Score:-6, Nutrition Score:13.049130327028%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 398.81kcal (19.94%), Fat: 24.24g (37.29%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 34.1g (12.4%), Sugar: 7.67g (8.52%), Cholesterol: 29.07mg (9.69%), Sodium: 851.27mg (37.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.35%), Vitamin K: 56.99µg (54.27%), Selenium: 24.75µg (35.35%), Vitamin B1: 0.37mg (24.36%), Vitamin C: 16.13mg (19.56%), Vitamin B3: 3.59mg (17.96%), Manganese: 0.36mg (17.83%), Folate: 68.53µg (17.13%), Vitamin B2: 0.28mg (16.61%), Iron: 2.86mg (15.87%), Phosphorus: 104.94mg (10.49%), Calcium: 97.88mg (9.79%), Zinc: 1.34mg (8.96%), Vitamin A: 430.05IU (8.6%), Fiber: 1.55g

(6.21%), Vitamin E: 0.92mg (6.1%), Potassium: 206.57mg (5.9%), Vitamin B12: 0.34µg (5.74%), Magnesium: 22.1mg (5.52%), Vitamin B6: 0.11mg (5.47%), Copper: 0.1mg (4.9%), Vitamin B5: 0.32mg (3.23%)