



Ten-Layer Chicago Dog Dip

 Dairy Free

READY IN



105 min.

SERVINGS



12

CALORIES



510 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound all-beef hot dogs
- 1 teaspoon celery salt
- 1.5 cups dill pickles chopped (10 spears)
- 1 cucumber english cut into small pieces
- 1 clove garlic chopped
- 3 hot dog buns
- 1 cup mayonnaise
- 5.5 ounces sport peppers chopped

- 1 tablespoon poppy seeds
- 12 servings potato chips for serving
- 1 cup relish sweet
- 3 medium tomatoes chopped
- 1 tablespoon vegetable oil
- 1 large onion white chopped
- 14 ounce mustard yellow

Equipment

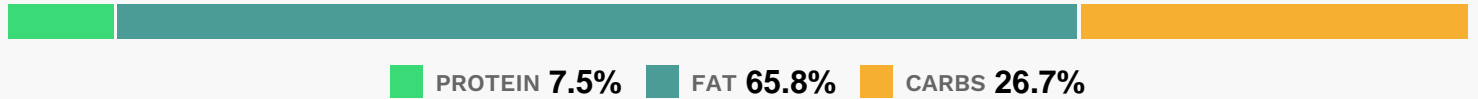
- food processor
- bowl
- frying pan
- baking sheet
- whisk
- broiler

Directions

- Put the hot dogs in a food processor and pulse until coarsely chopped.
- Heat the oil in a large nonstick skillet over medium-high heat, add a third of the onions and cook, stirring, until soft and slightly golden brown, about 4 minutes.
- Add the garlic and stir for 30 seconds.
- Add the chopped hot dog and cook, stirring occasionally, until lightly golden brown, about 5 minutes.
- Remove from the heat and let cool completely.
- Preheat the broiler. Open the buns and arrange on a baking sheet. Broil until toasted on each side, 1 to 2 minutes per side.
- Cut into small pieces.
- Whisk together the mayonnaise and poppy seeds in a small bowl. Toss the cucumber and celery salt together in a small bowl.
- Layer the dip in a medium, 3-quart glass trifle bowl or your favorite small serving dish.

- Spread out the tomatoes on the bottom, then top, in even layers, with the peppers, toasted buns, a generous drizzle of mustard, the remaining onions, the hot dog mixture, the pickles, poppy seed sauce, relish and cucumber. Wrap and refrigerate until chilled, at least 1 hour or overnight.
- Garnish with another drizzle of mustard and serve with potato chips.
- From Food Network Kitchens

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:3.94, Inflammation Score:-7, Nutrition Score:17.267826318741%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 510.13kcal (25.51%), Fat: 38.23g (58.82%), Saturated Fat: 8.28g (51.75%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 30.73g (11.18%), Sugar: 10.25g (11.39%), Cholesterol: 29.01mg (9.67%), Sodium: 1578.11mg (68.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin K: 67.64µg (64.41%), Vitamin C: 23.57mg (28.57%), Selenium: 19.93µg (28.46%), Vitamin E: 4.18mg (27.87%), Manganese: 0.54mg (27.09%), Potassium: 644.15mg (18.4%), Phosphorus: 179.92mg (17.99%), Fiber: 4.18g (16.74%), Vitamin B3: 3.29mg (16.44%), Vitamin B1: 0.24mg (16.28%), Vitamin B5: 1.59mg (15.88%), Vitamin B6: 0.32mg (15.85%), Magnesium: 56.09mg (14.02%), Iron: 2.33mg (12.95%), Vitamin A: 643.96IU (12.88%), Copper: 0.24mg (11.93%), Zinc: 1.72mg (11.45%), Vitamin B12: 0.66µg (11%), Folate: 38.39µg (9.6%), Vitamin B2: 0.16mg (9.52%), Calcium: 80.68mg (8.07%), Vitamin D: 0.26µg (1.76%)