



Thai-Style Dogs

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup carrots grated
- ☐ 8 hot dogs
- ☐ 0.5 cup cucumber english sliced
- ☐ 0.3 teaspoon fish sauce
- ☐ 8 servings cilantro leaves fresh
- ☐ 0.5 teaspoon honey
- ☐ 8 servings hotdog buns
- ☐ 0.3 cup mayonnaise light

- ☐ 0.8 teaspoon juice of lime fresh
- ☐ 8 servings peanuts chopped
- ☐ 8 servings radishes sliced
- ☐ 2 cups cabbage red chopped
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 1.5 teaspoons sesame oil
- ☐ 0.5 teaspoon sriracha hot

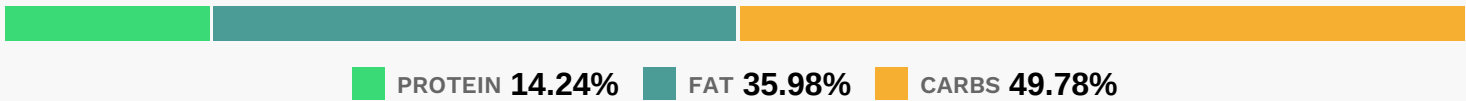
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together vinegar, sesame oil, honey, fish sauce, and dried crushed red pepper. Stir in cabbage, cucumber, and carrot. Cover and chill 2 hours. Stir together mayonnaise, lime juice, and Sriracha. Split tops of buns lengthwise. Grill turkey dogs according to package directions; place in buns. Top with cabbage mixture, mayonnaise mixture, cilantro leaves, chopped peanuts, and sliced radishes.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:16.08, Inflammation Score:-7, Nutrition Score:13.109130527662%

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 Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 279.88kcal (13.99%), Fat: 11.26g (17.32%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 32.62g (11.86%), Sugar: 5.95g (6.62%), Cholesterol: 21.37mg (7.12%), Sodium: 629.37mg (27.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.04%), Selenium: 24.29µg (34.7%), Vitamin C: 22.64mg (27.44%), Vitamin B1: 0.37mg (24.8%), Folate: 84.64µg (21.16%), Manganese: 0.41mg (20.64%), Vitamin B3: 3.91mg (19.54%), Vitamin A: 949.44IU (18.99%), Vitamin B2: 0.3mg (17.47%), Iron: 2.99mg (16.6%), Vitamin K: 17.1µg (16.29%), Phosphorus: 114.07mg (11.41%), Calcium: 100.96mg (10.1%), Zinc: 1.48mg (9.89%), Potassium: 341.61mg (9.76%), Fiber: 2.42g (9.67%), Vitamin B6: 0.15mg (7.55%), Magnesium: 28.83mg (7.21%), Copper: 0.13mg (6.51%), Vitamin B12: 0.32µg (5.33%), Vitamin B5: 0.41mg (4.14%), Vitamin E: 0.35mg (2.31%)