



## The Artisan Hot Dog

READY IN



25 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 all-beef hot dog
- ☐ 4 tablespoons spicy brown mustard such as sierra nevada's porter & spicy brown mustard
- ☐ 0.5 cup gouda cheese shredded such as willamette valley cheese co.'s\*, at room temperature
- ☐ 4 pretzel rolls unsalted
- ☐ 1 cup sauerkraut smoked such as farmhouse culture jalapeño kraut\*, warmed

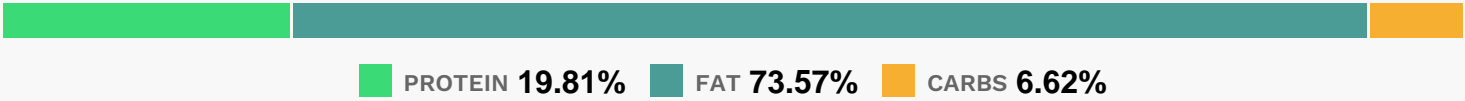
## Equipment

- ☐ grill

# Directions

- ☐ Heat grill to medium (350 to 450). Grill dogs until slightly charred all over, about 6 minutes, turning occasionally.
- ☐ Meanwhile, cut pretzel buns horizontally partway through.
- ☐ Sprinkle cheese into buns, dividing evenly; then grill buns until warmed, lightly charred, and cheese has mostly melted, about 4 minutes.
- ☐ Spread mustard inside buns, add dogs, and top with sauerkraut.
- ☐ \*Find pretzel buns and baguettes and Farmhouse Culture Kraut at Whole Foods Market and other specialty grocery stores. Farmhouse Culture Kraut is also available at [farmhouseculture.com](http://farmhouseculture.com). See [wvcheeseco.com](http://wvcheeseco.com) for where to buy Willamette Valley Cheese Co.'s cumin gouda.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:8.506521789924%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 270.86kcal (13.54%), Fat: 22.31g (34.33%), Saturated Fat: 10.88g (67.97%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.24g (2.48%), Cholesterol: 58.91mg (19.64%), Sodium: 1122.41mg (48.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.03%), Phosphorus: 247.77mg (24.78%), Calcium: 231.61mg (23.16%), Selenium: 14.78µg (21.11%), Vitamin B12: 1.19µg (19.82%), Zinc: 2.3mg (15.35%), Vitamin B2: 0.16mg (9.5%), Iron: 1.61mg (8.95%), Fiber: 1.67g (6.7%), Magnesium: 26.24mg (6.56%), Vitamin C: 5.35mg (6.48%), Manganese: 0.13mg (6.42%), Copper: 0.12mg (5.94%), Vitamin B3: 1.18mg (5.92%), Vitamin B6: 0.11mg (5.63%), Vitamin K: 5.52µg (5.26%), Potassium: 177.13mg (5.06%), Folate: 18.48µg (4.62%), Vitamin B1: 0.06mg (4%), Vitamin A: 183.54IU (3.67%), Vitamin D: 0.42µg (2.79%), Vitamin B5: 0.28mg (2.78%), Vitamin E: 0.17mg (1.15%)