



The Backyard Farmer Hot Dog

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



510 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 large egg yolk
- ☐ 0.3 cup flat parsley whole
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 4 hot dogs such as applegate organic chicken hot dogs*
- ☐ 1 teaspoon kosher salt divided

- ☐ 0.3 cup olive oil extra virgin extra-virgin divided
- ☐ 1 small onion cut into 1/2-in. slices
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 cup oregano whole
- ☐ 0.5 bell pepper red seeded
- ☐ 0.3 cup vegetable oil
- ☐ 4 buns
- ☐ 1 medium zucchini cut lengthwise into 1/4-in. slices

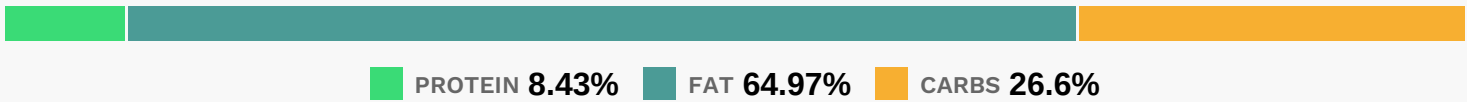
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to medium (350 to 450). In a small bowl, whisk together yolk, garlic, and mustard. Starting with a thin drizzle and working up to a slow, steady stream, whisk in 1/4 cup each olive and vegetable oils to create a thick aioli, about 7 minutes.
- ☐ Whisk in 1/2 tsp. salt and chopped herbs; set aside.
- ☐ Rub vegetables with remaining 1 tbsp. olive oil and sprinkle with remaining 1/2 tsp. salt. Grill zucchini, onion, pepper, and hot dogs, turning as needed, until vegetables are softened, grill marks appear, and hot dogs are slightly charred, 6 to 10 minutes. In the final few minutes, toast buns on grill. Thinly slice peppers and separate onions into rings. Gently stir together vegetables in a small bowl.
- ☐ Spread herb aioli inside buns and add hot dogs. Top with vegetables and sprinkle with parsley and oregano leaves.
- ☐ *Available at Whole Foods Market.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:22.924347742744%

Flavonoids

Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 510.18kcal (25.51%), Fat: 37.95g (58.38%), Saturated Fat: 7.42g (46.35%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 30.24g (11%), Sugar: 5.5g (6.12%), Cholesterol: 66.15mg (22.05%), Sodium: 1102.09mg (47.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Vitamin K: 143.86µg (137.01%), Vitamin C: 35.89mg (43.51%), Manganese: 0.84mg (42.18%), Selenium: 28.54µg (40.77%), Vitamin E: 4.31mg (28.76%), Folate: 115.06µg (28.76%), Iron: 5.12mg (28.44%), Vitamin B1: 0.36mg (24.32%), Vitamin A: 1124.69IU (22.49%), Vitamin B2: 0.37mg (21.9%), Vitamin B3: 4.23mg (21.17%), Fiber: 4.73g (18.91%), Phosphorus: 151.68mg (15.17%), Calcium: 147.12mg (14.71%), Vitamin B6: 0.28mg (13.99%), Magnesium: 51.79mg (12.95%), Zinc: 1.86mg (12.4%), Potassium: 408.7mg (11.68%), Copper: 0.2mg (10.23%), Vitamin B5: 0.8mg (8.04%), Vitamin B12: 0.32µg (5.35%), Vitamin D: 0.23µg (1.53%)