



The Surfer Hot Dog

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado
- ☐ 4 all-beef hot dog
- ☐ 1 spring onion thinly sliced
- ☐ 4 hotdog buns organic
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 sheet nori seaweed cut into slivers (3 tbsp.)
- ☐ 1 teaspoon olive oil
- ☐ 0.5 pound shrimp deveined peeled (10 to 12)

☐ 1 tablespoon sriracha

Equipment

☐ bowl

☐ whisk

☐ grill

Directions

☐ Heat grill to medium (350 to 450). Grill hot dogs until slightly charred all over, about 6 minutes, turning occasionally.

☐ Toss shrimp with oil in a small bowl, then grill, turning once, until cooked through, about 3 minutes.

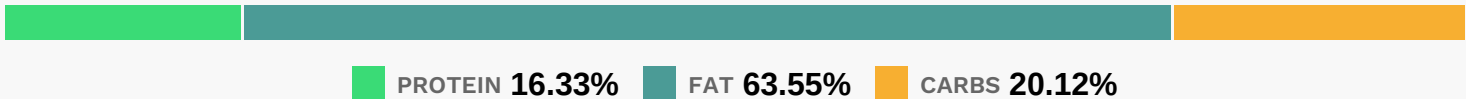
☐ Add buns and grill, turning frequently, until warmed and lightly charred, about 3 minutes.

☐ Meanwhile, smash avocado with a fork in a small bowl and stir in onion. In another small bowl, whisk together mayonnaise and Sriracha.

☐ Set dogs in buns and dollop with avocado mixture, then drizzle generously with Sriracha mayonnaise. Halve shrimp lengthwise and divide among dogs.

☐ Sprinkle with nori.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:13.19, Inflammation Score:-4, Nutrition Score:15.591738939285%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 531.52kcal (26.58%), Fat: 37.94g (58.36%), Saturated Fat: 9.42g (58.86%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 22.82g (8.3%), Sugar: 4.36g (4.85%), Cholesterol: 124.33mg (41.44%), Sodium: 947.27mg (41.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.86%), Vitamin K: 49.92µg (47.54%), Phosphorus: 258.96mg (25.9%), Selenium: 17.39µg (24.84%), Folate: 86.86µg (21.71%), Copper: 0.43mg (21.71%), Vitamin B1: 0.28mg (18.98%), Vitamin B3: 3.71mg (18.55%), Manganese: 0.34mg (17.24%), Fiber: 4.22g (16.88%), Zinc: 2.42mg (16.16%), Iron: 2.74mg (15.24%), Potassium: 521.56mg (14.9%), Vitamin B2: 0.25mg (14.5%), Vitamin B12: 0.84µg (14.02%), Vitamin E: 1.93mg (12.9%), Magnesium: 51mg (12.75%), Calcium: 112.16mg (11.22%), Vitamin C: 8.69mg (10.54%), Vitamin B6: 0.2mg (9.86%), Vitamin B5: 0.84mg (8.37%), Vitamin A: 137.35IU (2.75%), Vitamin D: 0.31µg (2.05%)