



The Tech Billionaire Hot Dog

READY IN



30 min.

SERVINGS



4

CALORIES



410 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups baby arugula
- ☐ 4 all-beef hot dog
- ☐ 0.5 cup cream cheese red such as hawk*
- ☐ 2.5 tablespoons dijon mustard
- ☐ 4 hotdog buns
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup onion red

☐ 0.3 teaspoon pepper

Equipment

☐ bowl

☐ grill

Directions

☐ Heat grill to medium (350 to 450). Grill dogs until slightly charred all over, about 4 minutes, turning occasionally.

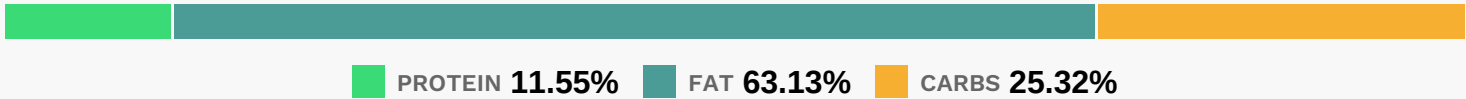
☐ Add buns and grill, turning frequently, until warmed and lightly charred, about 2 minutes.

☐ Meanwhile, toss arugula and onion with oil, lemon juice, salt, and pepper in a medium bowl to lightly coat.

☐ Smear mustard and cheese on buns, tuck in hot dogs, and top with arugula salad.

☐ *Kobe beef hot dogs are available from marxfoods.com. Find Red Hawk cheese at cowgirlcreamery.com or Whole Foods Market.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:13.5, Inflammation Score:-6, Nutrition Score:11.673912919086%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 410.31kcal (20.52%), Fat: 28.98g (44.58%), Saturated Fat: 12.22g (76.39%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 24.53g (8.92%), Sugar: 5.81g (6.45%), Cholesterol: 53.86mg (17.95%), Sodium: 1013.34mg (44.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.84%), Selenium: 22.47µg (32.1%), Vitamin K:

21.48µg (20.46%), Vitamin B1: 0.28mg (18.82%), Manganese: 0.36mg (18.2%), Phosphorus: 157.51mg (15.75%), Folate: 62.83µg (15.71%), Vitamin B2: 0.26mg (15.23%), Vitamin A: 745.14IU (14.9%), Vitamin B3: 2.95mg (14.74%), Vitamin B12: 0.88µg (14.68%), Iron: 2.52mg (13.98%), Calcium: 126.26mg (12.63%), Zinc: 1.59mg (10.59%), Magnesium: 31.1mg (7.77%), Copper: 0.14mg (6.94%), Potassium: 236.12mg (6.75%), Fiber: 1.62g (6.47%), Vitamin E: 0.97mg (6.45%), Vitamin C: 4.55mg (5.51%), Vitamin B6: 0.11mg (5.3%), Vitamin B5: 0.37mg (3.72%), Vitamin D: 0.27µg (1.8%)