



Triple Dog Dare

READY IN



40 min.

SERVINGS



2

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 2 servings celery salt for sprinkling
- ☐ 1 teaspoon honey
- ☐ 2 hot dog buns
- ☐ 3 hot dogs
- ☐ 2 servings kosher salt and pepper freshly ground
- ☐ 1 leaves lettuce dill pickle and pickled peppers for topping
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoon poppy seeds

- ☐ 2 servings onion red for topping and cucumber
- ☐ 2 servings tomatoes sliced for topping
- ☐ 1 tablespoon butter unsalted
- ☐ 2 teaspoons vinegar white
- ☐ 1 teaspoon mustard yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ broiler
- ☐ skewers

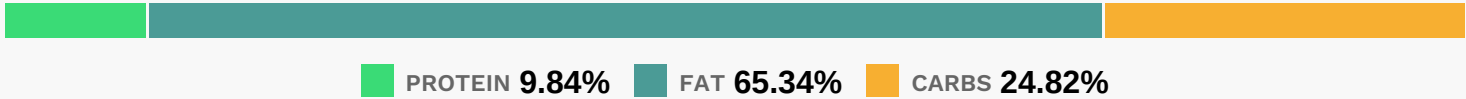
Directions

- ☐ Whisk the mayonnaise, vinegar, mustard, poppy seeds, honey, 1/4 teaspoon salt, and pepper to taste in a bowl. Cover and refrigerate until ready to use.
- ☐ Prepare the sandwiches: Preheat the broiler. Tear the hot dog buns in half lengthwise at the seam, then cut each side in half crosswise to make 8 pieces; flatten slightly with your hand. Arrange the bun pieces on a baking sheet and broil until golden, about 2 minutes per side.
- ☐ Cook the bacon in a skillet over medium heat, turning, until crisp, 5 to 10 minutes.
- ☐ Drain on paper towels, then break each piece in half.
- ☐ Split each hot dog lengthwise, about three-quarters of the way through, and open like a book. Melt the butter in a nonstick skillet over medium heat.
- ☐ Place the hot dogs cut-side down in the skillet; cook until browned and heated through, about 2 minutes per side.
- ☐ Cut each hot dog in half crosswise.
- ☐ Sprinkle the tomatoes with celery salt. For each sandwich, spread 1 bun piece with some of the dressing and top with a piece of bacon, tomato, red onion, cucumber, lettuce and a hot

dog; drizzle with more dressing and top with another bun piece. Repeat to make 2 more layers, ending with a bun piece. Secure the sandwich with a long skewer; top with a dill pickle slice and a pickled pepper.

 Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:172.14, Glycemic Load:19.66, Inflammation Score:-8, Nutrition Score:22.31260864631%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 717.3kcal (35.87%), Fat: 52.47g (80.72%), Saturated Fat: 15.26g (95.38%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 41.49g (15.09%), Sugar: 11g (12.22%), Cholesterol: 78.96mg (26.32%), Sodium: 1497.47mg (65.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.57%), Vitamin K: 62.52µg (59.54%), Selenium: 37.91µg (54.15%), Vitamin B1: 0.57mg (38.12%), Vitamin A: 1707.88IU (34.16%), Vitamin B3: 6.72mg (33.6%), Manganese: 0.63mg (31.4%), Vitamin C: 25.41mg (30.8%), Folate: 103.34µg (25.84%), Vitamin B2: 0.39mg (22.88%), Phosphorus: 224.49mg (22.45%), Iron: 3.94mg (21.9%), Potassium: 668.17mg (19.09%), Zinc: 2.56mg (17.09%), Vitamin E: 2.35mg (15.64%), Vitamin B6: 0.3mg (15.12%), Fiber: 3.35g (13.42%), Copper: 0.25mg (12.71%), Calcium: 125.36mg (12.54%), Magnesium: 49.4mg (12.35%), Vitamin B12: 0.65µg (10.78%), Vitamin B5: 0.77mg (7.66%), Vitamin D: 0.29µg (1.95%)