

Asian Banh Mi Hot Dog

RedbookMag.com

Servings: 1

1 grilled hot dog
1 frankfurter bun
shredded carrot
sliced cucumber
rice wine vinegar
cilantro
sriracha-spiked mayo

Shred some carrot. Slice some cucumber thinly.
In a bowl, toss the carrot and cucumber with some rice wine vinegar.

Grill one hot dog.

Place the hot dog in a bun.

Top with the carrot/cucumber mixture.

Sprinkle with cilantro.

Top with mayo, to taste.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	0g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0

Protein (g): 0g
Sodium (mg): 0mg
Potassium (mg): 0mg
Calcium (mg): 0mg
Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat	0g		0%
	Saturated Fat	0g	0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrates	0g		0%
	Dietary Fiber	0g	0%
Protein	0g		

Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			0%

** Percent Daily Values are based on a 2000 calorie diet.*