

Asian Hot Dog

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Servings: 1

1 hot dog, grilled or cooked
1 cucumber, peeled and sliced into matchsticks
1 small carrot, peeled and sliced into matchsticks
1/4 cup rice vinegar
2 tablespoons sugar
mayonnaise
soy sauce
asian chile sauce (such as sriracha)
fresh cilantro
1 hot dog bun

In a bowl, whisk the rice vinegar and sugar.

Add the cucumber and carrot matchsticks. Toss. Chill for one hour. Drain.

Season the mayonnaise to taste with soy sauce and asian chile sauce.

Place the hot dog in a bun.

Spread the mayonnaise on the hot dog.

Top with the matchsticks and then the cilantro.

Serve.

Per Serving (excluding unknown items): 481 Calories; 19g Fat (35.2% calories from fat); 13g Protein; 67g Carbohydrate; 6g Dietary Fiber; 29mg Cholesterol; 911mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 3 Vegetable; 3 Fat; 2 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	481	Vitamin B6 (mg):	.3mg
% Calories from Fat:	35.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	54.4%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	10.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	19g	Folacin (mcg):	63mcg
Saturated Fat (g):	7g	Niacin (mg):	5mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	29mg	% Daily Value:	n n%
	67g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 6g
Protein (g): 13g
Sodium (mg): 911mg
Potassium (mg): 882mg
Calcium (mg): 104mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 20900IU
Vitamin A (r.e.): 2088RE

Grain (Starch): 1 1/2
Lean Meat: 1
Vegetable: 3
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 481 Calories from Fat: 169

% Daily Values*

Total Fat	19g	30%
	Saturated Fat 7g	34%
Cholesterol	29mg	10%
Sodium	911mg	38%
Total Carbohydrates	67g	22%
	Dietary Fiber 6g	23%
Protein	13g	

Vitamin A	418%
Vitamin C	62%
Calcium	10%
Iron	20%

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