

Big Hit Avocado Dog

TheAmazingAvocado.com

Servings: 4

4 hot dogs of your choice

4 hot dog buns

*1 fully ripened avocado from Mexico,
halved, pitted, peeled and sliced*

mayonnaise

mustard

pico de gallo or fresh salsa

pickled jalapeno slices

Preheat the grill or grill pan for medium-high heat.

Grill the hot dogs until well browned.

If desired, lightly grill the hot dogs on both sides.

To assemble: spread mayonnaise and mustard on the bun. Add the hot dog. Top with avocado slices.

Top with pico de gallo or salsa and jalapeno slices to taste.

Per Serving (excluding unknown items): 123 Calories; 2g Fat (16.3% calories from fat); 4g Protein; 22g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 241mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fat.

Grilled, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	123
% Calories from Fat:	16.3%
% Calories from Carbohydrates:	71.6%
% Calories from Protein:	12.1%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	22g
Dietary Fiber (g):	1g
	4g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch): 1 1/2

0

1

Protein (g):
Sodium (mg): 241mg
Potassium (mg): 61mg
Calcium (mg): 32mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 123 **Calories from Fat:** 20

% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 241mg	10%
Total Carbohydrates 22g	7%
Dietary Fiber 1g	5%
Protein 4g	

Vitamin A	0%
Vitamin C	0%
Calcium	3%
Iron	8%

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