

Home Field Hot Dogs with Zesty Avocado Sauce

www.TheAmazingAvocado.com

Servings: 4

*4 reduced-fat all beef frank hot dogs
4 hot dog buns*

ZESTY AVOCADO SAUCE

*1 medium yellow onion, roughly chopped
2 medium green peppers, seeded, deveined and roughly chopped
2 ripe avocados, peeled and seeded
2 cloves garlic
1/2 bunch fresh parsley leaves
1/2 bunch fresh cilantro leaves
1/3 cup red wine vinegar
1 tablespoon salt (to taste)
1/4 teaspoon black ground pepper
1 cup virgin olive oil*

To make the avocado sauce: In a food processor, place the onion, green peppers, avocados, garlic, parsley, cilantro, vinegar, salt and pepper. Process until mostly smooth.

Add the virgin olive oil in a stream with the food processor running and process until smooth. Add water to dilute, if necessary.

Let stand at room temperature for at least one hour for the flavors to blend. Taste and adjust the seasoning.

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

Grill the hot dogs until well browned.

If desired, lightly grill the hot dog buns on both sides.

To assemble: Add the hot dog to the bun and top with the room temperature avocado sauce.

If made in advance, store, covered, in the refrigerator but bring to room temperature before serving.

Refrigerated shelf life is approximately seven days.

Per Serving (excluding unknown items): 632 Calories; 56g Fat (78.8% calories from fat); 5g Protein; 29g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 243mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 11 Fat; 0 Other Carbohydrates.

Sandwiches

% Calories from Fat: 78.8%
 % Calories from Carbohydrates: 18.3%
 % Calories from Protein: 2.9%
 Total Fat (g): 56g
 Saturated Fat (g): 8g
 Monounsaturated Fat (g): 41g
 Polyunsaturated Fat (g): 5g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 29g
 Dietary Fiber (g): 3g
 Protein (g): 5g
 Sodium (mg): 243mg
 Potassium (mg): 236mg
 Calcium (mg): 47mg
 Iron (mg): 2mg
 Zinc (mg): trace
 Vitamin C (mg): 55mg
 Vitamin A (i.u.): 384IU
 Vitamin A (r.e.): 38 1/2RE

Vitamin B12 (mcg): 0mcg
 Thiamin B1 (mg): .2mg
 Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 30mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: 0.0%

Food Exchanges

Grain (Starch): 1 1/2
 Lean Meat: 0
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 11
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 632 Calories from Fat: 498

% Daily Values*

Total Fat	56g	87%
Saturated Fat	8g	39%
Cholesterol	0mg	0%
Sodium	243mg	10%
Total Carbohydrates	29g	10%
Dietary Fiber	3g	11%
Protein	5g	
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Vitamin A		8%
Vitamin C		92%
Calcium		5%
Iron		11%

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