

# Latin Hot Dog

Parade Magazine - August 2013

## Servings: 1

1 hot dog, grilled or cooked  
2 husked ears  
juice of one and one-half limes  
1/2 cup fresh cilantro, chopped  
2 tablespoons red onion, finely  
chopped  
mashed avocado  
ketchup  
minced canned chipotles in adobo  
sauce  
1 hot dog bun

Grill the corn over medium-high heat, turning, until charred in spots. Cut the kernels from the ears.

In a bowl, season the ketchup to taste with the minced chipotle chiles.

In another bowl, combine the kernels, lime juice, cilantro and red onion.

Place the hot dog in the bun.

Spread some of the corn salsa on the hot dog.

Cover with some mashed avocado.

Top with the chipotle ketchup.

Serve.

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Per Serving (excluding unknown items): 192 Calories; 17g Fat (78.4% calories from fat); 7g Protein; 3g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 644mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Sandwiches

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	192	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	78.4%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	7.3%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	14.3%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	17g	<b>Folacin (mcg):</b>	11mcg
<b>Saturated Fat (g):</b>	6g	<b>Niacin (mg):</b>	2mg

Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	29mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	644mg
Potassium (mg):	170mg
Calcium (mg):	16mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	19mg
Vitamin A (i.u.):	520IU
Vitamin A (r.e.):	52RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

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### Food Exchanges

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

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### Nutrition Facts

Servings per Recipe: 1

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#### Amount Per Serving

<b>Calories</b> 192	Calories from Fat: 151
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#### % Daily Values\*

<b>Total Fat</b> 17g	26%
Saturated Fat 6g	31%
<b>Cholesterol</b> 29mg	10%
<b>Sodium</b> 644mg	27%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber 1g	2%
<b>Protein</b> 7g	
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<b>Vitamin A</b>	10%
<b>Vitamin C</b>	32%
<b>Calcium</b>	2%
<b>Iron</b>	4%

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