

Seattle-Style Hots Dogs

Publix Aprons
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Servings: 8

8 bakery hot dog buns, uncut
1 medium sweet onion, sliced
1/4 cup balsamic dressing
8 twelve-inch wooden skewers
8 jumbo hot dogs
8 tablespoons whipped cream cheese
5 tablespoons diced canned jalapeno peppers
5 tablespoons yellow mustard

Preheat the grill (or grill pan). Slice the hot dog buns open from the top (instead of the side), leaving 1/4-inch intact. Set aside.

Cut the onion into 1/2-inch rounds and place in a bowl with the dressing. Marinate the onions for 5 minutes.

Spear each hot dog lengthwise through the center with a skewer. Beginning at the top of the skewer, hold the knife at a slight angle and cut all of the way down to the skewer as you roll the hot dog away from you. Repeat the cuts for a tighter spiral (if desired).

Grill the hot dogs and onions for 4 to 6 minutes, turning occasionally, or until steaming hot and the onions are tender. Chop the onions into bite-size pieces.

Spread one tablespoon of cream cheese on the inside of each hot dog bun. Place the hot dogs in the buns. Top each evenly with onions, jalapenos and mustard.

Serve.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 230 Calories; 21g Fat (80.5% calories from fat); 8g Protein; 4g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 799mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Grilled, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	230	Vitamin B6 (mg):	.1mg
% Calories from Fat:	80.5%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	6.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	21g	Folacin (mcg):	6mcg
Saturated Fat (g):	8g	Niacin (mg):	2mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	41mg	% Refused:	n.n%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	8g	Lean Meat:	1
Sodium (mg):	799mg	Vegetable:	0
Potassium (mg):	129mg	Fruit:	0
Calcium (mg):	17mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	16mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 230 **Calories from Fat:** 185

% Daily Values*

Total Fat 21g	32%
Saturated Fat 8g	42%
Cholesterol 41mg	14%
Sodium 799mg	33%
Total Carbohydrates 4g	1%
Dietary Fiber trace	2%
Protein 8g	
Vitamin A	0%
Vitamin C	26%
Calcium	2%
Iron	5%

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