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Low Carb Everything Bagel Dog ♦

The Low Carb Everything Bagel Dog is a delicious twist on a classic hot dog. It features a low carb everything bagel bun and a juicy hot dog, making it a satisfying and flavorful meal. This recipe is perfect for those following a low carb diet or looking for a healthier alternative to traditional hot dogs.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

4 pieces	low carb everything bagel bun
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4 pieces	hot dogs
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2 tsp	Everything Bagel Seasoning
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4 tbsp	Cream cheese
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8 slices red onion

4 slices Tomato

4 lettuce
leaves

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the low carb everything bagel buns in half lengthwise.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread cream cheese on the cut sides of the bagel buns.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle everything bagel seasoning on top of the cream cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Baking

Place the bagel buns on a baking sheet and bake for 10 minutes, or until the cream cheese is slightly melted.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Grilling

While the bagel buns are baking, grill the hot dogs until heated through.

Prep Time: 0 mins

Cook Time: 7 mins

Step 7

Assembly

Place a grilled hot dog in each bagel bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Assembly

Top each hot dog with red onion slices, tomato slices, and lettuce leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Serve the Low Carb Everything Bagel Dogs immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Nutritional Content

Low Carb High Protein Low Calorie

Course

Salads Snacks

Cultural

Cinco de Mayo Diwali

Cuisines

Italian Middle Eastern

Diet

Anti-Inflammatory Diet

Kitchen Tools

Blender Slow Cooker

Meal Type

Lunch Snack Main Course Dessert Supper

Preparation Time

15 Minutes or Less 45 Minutes or Less More than 1 Hour

Difficulty Level

Medium

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