

Ultimate Keto Hot Dogs

Hands-on 20 minutes Overall 1 hour 20 minutes

Nutritional values (per serving, 1 hot dog): Total carbs: 13.7 g, Fiber: 9.6 g, **Net carbs: 4.1 g**,

Protein: 20 g, Fat: 24.8 g, Calories: 330 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 hot dogs)

- 1/2 recipe [Ultimate Keto Buns](#) without the seed topping
- 6 gluten-free sausages (400 g/ 14.1 oz)
- 1 large egg yolk
- 2 tbsp mixed seeds of preference (sesame, flax, poppy seeds, caraway or [sunflower seeds](#)) (16 g/ 0.6 oz)
- 1/2 tsp coarse sea salt

Optional: serve with [Dijon mustard](#), [ketchup](#) or [BBQ sauce](#)

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Instructions

1. Prepare the dough for the hot dogs by following the recipe for [Ultimate Keto Buns](#).
2. Place the dough into a wrapping foil and leave to rest in the fridge for 20-30 minutes. When done, remove from the fridge and divide into 6 equal pieces.
3. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Wet your hands and roll out each one of them into about 15 inch/ 40 cm long. Wet your hands between rolling each of the pieces.
4. Line a baking sheet with parchment paper or a baking mat. Wrap around each sausage. I left gaps between the threads to allow for even cooking. It also helps crisping up the dough and reduces moisture. In a bowl, beat the egg yolk and brush onto each of the hot dogs.
5. Sprinkle with the seeds and salt and place in the oven.
6. Bake for about 40 minutes or until the crust is golden brown and the dough is cooked through.
7. When done, place on a serving plate and serve with [Dijon mustard](#), [ketchup](#) or [BBQ sauce](#). These hot dogs can be stored in the fridge for up to 3 days. Reheat before serving.

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