



Baby Ballpark Dogs

READY IN



45 min.

SERVINGS



15

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 12 oz cocktail franks mini
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon mustard in a bottle yellow
- ☐ 0.3 cup relish
- ☐ 0.5 cup cheddar cheese shredded finely

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ stand mixer
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 40
- ☐ Coat 2 baking sheets with cooking-oil spray and line with parchment or waxed paper. Set aside.
- ☐ In a medium saucepan, melt butter over high heat, then add 1 cup water and bring to a boil.
- ☐ Add flour and cook, stirring vigorously with a wooden spoon, until a ball forms. Continue to cook until a film begins to form on bottom of pan, about 1 minute.
- ☐ Transfer dough to a bowl of a stand mixer fitted with a paddle attachment. On low speed, add eggs 1 at a time, incorporating each before adding the next.
- ☐ Spoon dough into a large resealable plastic bag.
- ☐ Cut a corner of the bag to make a 1/2-in. opening. Gather bag above dough, twist, and push dough to opening. On the lined baking sheets, for each mini dog, pipe dough slightly apart into 2 parallel lines, about 2 in. long (the dough lines should be the same length as a mini frank and almost as thick). Then pipe a small amount of dough in center of both lines to create an H.
- ☐ Place a frank between the 2 long dough lines, pressing down slightly. Repeat with remaining dough and franks, spacing about 2 in. apart.
- ☐ Bake until puffed and golden brown, 15 to 20 minutes.
- ☐ Cool hot dogs until slightly warm, then squeeze a small ribbon of mustard onto length of each dog, top with a sprinkle of cheese, and spoon about 1/4 tsp. relish onto center.
- ☐ Make ahead: Prepare through step 4 and chill, covered, up to 1 1/2 hours prior to baking.

Nutrition Facts



 PROTEIN **15.49%**  FAT **65.14%**  CARBS **19.37%**

Properties

Glycemic Index:12.27, Glycemic Load:4.63, Inflammation Score:-2, Nutrition Score:3.731739146068%

Nutrients (% of daily need)

Calories: 164.47kcal (8.22%), Fat: 11.9g (18.3%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.63g (2.77%), Sugar: 0.42g (0.46%), Cholesterol: 76.02mg (25.34%), Sodium: 355.21mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Selenium: 8.36µg (11.95%), Phosphorus: 104.35mg (10.43%), Vitamin B2: 0.12mg (7.19%), Folate: 22.53µg (5.63%), Zinc: 0.83mg (5.56%), Iron: 0.96mg (5.34%), Vitamin B1: 0.08mg (5.04%), Vitamin A: 211.79IU (4.24%), Calcium: 39.58mg (3.96%), Copper: 0.07mg (3.61%), Manganese: 0.07mg (3.29%), Vitamin B12: 0.17µg (2.75%), Vitamin B3: 0.53mg (2.66%), Vitamin B5: 0.26mg (2.64%), Magnesium: 9.63mg (2.41%), Potassium: 75.03mg (2.14%), Vitamin D: 0.29µg (1.93%), Vitamin E: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.52%), Fiber: 0.33g (1.32%)