



## Baked Corn Dogs

READY IN



35 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups flour for dusting all-purpose plus more sausages (spooned and leveled)
- 0.7 cup cornmeal yellow
- 2 teaspoons double-acting baking powder
- 2 teaspoons sugar
- 1 serving coarse mustard
- 0.7 cup milk
- 2 large eggs lightly beaten
- 2 teaspoons vegetable oil
- 4 mild chicken sausage smoked (13 ounces total)

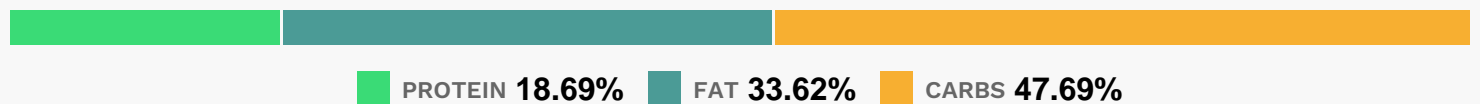
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- spatula

## Directions

- Preheat oven to 375 degrees. Line a baking sheet with parchment paper; set aside. In a medium bowl, whisk together flour, cornmeal, baking powder, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Make a well in center; add milk, eggs, and oil.
- Mix just until combined.
- Insert an ice-pop stick into one end of each sausage, leaving a 1 1/2-inch handle. Dust with flour; tap off excess. Using handle, rotate each sausage over bowl as you spoon batter to coat evenly.
- Place on sheet; bake 5 minutes.
- Remove from oven. Using a spatula, reapply batter that has slipped onto sheet. Return to oven; bake until golden, 20 minutes.
- Serve with ketchup and mustard, if desired.

## Nutrition Facts



## Properties

Glycemic Index:93.9, Glycemic Load:40.03, Inflammation Score:-6, Nutrition Score:14.757826048395%

## Nutrients (% of daily need)

Calories: 531.95kcal (26.6%), Fat: 19.98g (30.74%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 63.78g (21.26%), Net Carbohydrates: 59.96g (21.8%), Sugar: 5.62g (6.25%), Cholesterol: 157.89mg (52.63%), Sodium: 1148.27mg (49.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.99%), Selenium: 26.37µg (37.67%),

Vitamin B1: 0.48mg (32.17%), Folate: 106.63µg (26.66%), Manganese: 0.5mg (25.18%), Vitamin B2: 0.43mg (25.16%), Phosphorus: 245.99mg (24.6%), Iron: 4.37mg (24.27%), Calcium: 190.97mg (19.1%), Vitamin B3: 3.49mg (17.45%), Fiber: 3.81g (15.26%), Vitamin B6: 0.25mg (12.26%), Magnesium: 47.69mg (11.92%), Zinc: 1.65mg (10.98%), Vitamin A: 501.82IU (10.04%), Vitamin B5: 0.9mg (9.02%), Copper: 0.15mg (7.57%), Vitamin B12: 0.44µg (7.37%), Potassium: 233.3mg (6.67%), Vitamin D: 0.95µg (6.32%), Vitamin K: 4.55µg (4.33%), Vitamin E: 0.6mg (3.98%), Vitamin C: 1.2mg (1.45%)