



## Baked Mini Corn Dogs

READY IN



90 min.

SERVINGS



18

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 package active yeast dry
- 0.3 teaspoon baking soda
- 1 tablespoon sesame seed black
- 0.3 teaspoon cayenne pepper
- 1 large eggs beaten
- 1.3 cups flour for dusting all-purpose plus more and kneading
- 9 hot dogs halved reduced-fat
- 2 tablespoons brown sugar light packed
- 1 cup milk reduced-fat

- 2 tablespoons olive oil extra-virgin plus more for greasing
- 1 teaspoon salt
- 1 cup cornmeal yellow fine

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- plastic wrap
- wooden spoon
- skewers

## Directions

- Warm the milk to about 110 degrees in a saucepan; pour into a medium bowl.
- Sprinkle in the yeast and let soften for about 2 minutes. Stir in the olive oil, brown sugar and cornmeal with a wooden spoon.
- Add the flour, salt, baking soda and cayenne pepper; stir to make a sticky dough.
- Turn the dough out onto a lightly floured surface and knead, adding more flour if needed, until smooth but still slightly tacky, about 5 minutes. Shape the dough into a ball, place in a lightly oiled bowl and cover with plastic wrap.
- Let rise in a warm spot until doubled in size, 45 minutes to 1 hour. Meanwhile, insert a wooden stick or small skewer into each hot dog half, about 1 inch deep; set aside.
- Preheat the oven to 450 degrees and lightly oil a large baking sheet. Turn the dough out onto a lightly floured surface; divide into 18 pieces. With your palms, roll each piece into a 10-inch length. Wrap each piece around a hot dog half, tucking and pressing the edges to seal; place on the baking sheet.
- Brush the dough-wrapped dogs with the beaten egg; sprinkle with sesame seeds, if desired.
- Bake until golden, 15 minutes.
- Photograph by Kate Sears

# Nutrition Facts

**PROTEIN 13.36%** **FAT 36.46%** **CARBS 50.18%**

## Properties

Glycemic Index:13.25, Glycemic Load:9.81, Inflammation Score:-2, Nutrition Score:5.2865217366944%

## Nutrients (% of daily need)

Calories: 154.34kcal (7.72%), Fat: 6.28g (9.66%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 18.21g (6.62%), Sugar: 2.13g (2.37%), Cholesterol: 21.51mg (7.17%), Sodium: 309.59mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Selenium: 10.82µg (15.45%), Vitamin B1: 0.2mg (13.42%), Folate: 41.45µg (10.36%), Vitamin B2: 0.17mg (9.88%), Vitamin B3: 1.76mg (8.81%), Manganese: 0.15mg (7.66%), Iron: 1.34mg (7.46%), Phosphorus: 74.49mg (7.45%), Zinc: 0.95mg (6.36%), Fiber: 1.23g (4.92%), Magnesium: 18mg (4.5%), Vitamin B6: 0.09mg (4.37%), Copper: 0.07mg (3.74%), Vitamin B12: 0.21µg (3.52%), Vitamin B5: 0.35mg (3.51%), Calcium: 30.21mg (3.02%), Potassium: 100.94mg (2.88%), Vitamin E: 0.3mg (2.03%)