

Baked Vegan Corndogs



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 0.3 tsp pepper black
- ☐ 6 tofu dogs whole
- ☐ 0.3 tsp mustard dry (powder)
- ☐ 1 tsp ener-g-egg replacer
- ☐ 1 dash garlic powder
- ☐ 1 dash onion powder
- ☐ 0.3 tsp paprika

- ☐ 1 tbsp sugar raw
- ☐ 0.5 tsp salt

Equipment

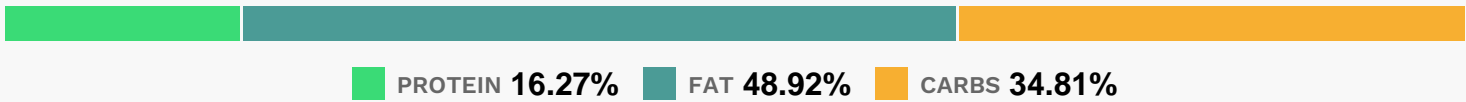
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 450 F. Grease a cookie sheet or line with parchment paper and set aside.
- ☐ Mix cornmeal, flour, baking powder, salt, spices, pepper, ener-g-egg replacer, 1/3 cup non-dairy milk and sugar together in a medium bowl. Slowly add additional non-dairy milk until the mixture is wet and can be worked with. However, be careful it's not too soupy or dry and doughy. Stir gently for 30 seconds. For mini-corndogs, cut the tofu dogs into 3 equal pieces, or the size that fits your Twinkie pan. Dip each tofu dog into the cornmeal mixture, making sure its evenly coated. Then place on the prepared cookie sheet, moving the coating around as necessary to ensure it's evenly coated. If using a Twinkie pan, pour a little mixture to line the bottom of the insert, add the dog, then add more batter over top until it's covered. Repeat.
- ☐ Bake for 10-15 minutes until golden and a little crisp.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber4gSugars4gProtein11g

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:2.53, Inflammation Score:-1, Nutrition Score:4.0047825451778%

Nutrients (% of daily need)

Calories: 122.99kcal (6.15%), Fat: 6.78g (10.43%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 10.76g (3.91%), Sugar: 2.11g (2.34%), Cholesterol: 22.73mg (7.58%), Sodium: 586.61mg (25.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.15%), Selenium: 12.69µg (18.13%), Vitamin B3: 1.69mg (8.46%), Vitamin B2: 0.14mg (7.96%), Vitamin B1: 0.11mg (7.39%), Iron: 1.21mg (6.74%), Phosphorus: 65.17mg (6.52%), Zinc: 0.94mg (6.24%), Calcium: 59.09mg (5.91%), Folate: 22.9µg (5.73%), Vitamin B12: 0.25µg (4.15%), Manganese: 0.06mg (3.01%), Vitamin B5: 0.25mg (2.54%), Potassium: 75.45mg (2.16%), Copper: 0.04mg (1.99%), Magnesium: 7.21mg (1.8%), Vitamin B6: 0.03mg (1.36%), Vitamin A: 53.01IU (1.06%)