



Breakfast Corn Dogs

READY IN



60 min.

SERVINGS



14

CALORIES



519 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 apples
- 1 tablespoon double-acting baking powder
- 2 large eggs
- 1 cup flour all-purpose
- 2 tablespoons granulated sugar
- 1 cup cornmeal yellow
- 2 tablespoons maple syrup plus more for dipping
- 0.5 teaspoon salt fine
- 12 ounces diestel breakfast sausage

- 2 quarts vegetable oil for frying
- 1 cup milk whole

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- spatula
- dutch oven
- tongs
- candy thermometer

Directions

- Heat the oven to 250°F and arrange a rack in the middle. Set a wire rack over a baking sheet; set aside. Cook the sausages according to the package directions.
- Place on a paper-towel-lined baking sheet and set aside to cool.
- Pour the oil into a Dutch oven or a large, heavy-bottomed pot.
- Heat over medium-high heat until the temperature reaches 360°F on a deep-frying/candy thermometer. Meanwhile, insert a craft stick lengthwise into each sausage (try to keep the stick aligned in the center of the sausage), leaving about 2 inches of the stick exposed at the bottom; set aside. When the oil is almost ready (about 325°F), whisk the cornmeal, flour, baking powder, and salt together in a medium bowl.
- Whisk the milk, eggs, maple syrup, and sugar together in a large bowl until combined and the sugar has dissolved.
- Add the cornmeal mixture to the milk mixture and stir with a rubber spatula just until a smooth batter forms.
- Pour some of the batter into a tall, narrow container or drinking glass, leaving 1 inch of room at the top. When the oil is ready, evenly dip a sausage into the glass of batter by holding the stick and rotating the sausage as needed until it's completely covered with batter.

Immediately place into the hot oil. Repeat with 3 more sausages. Fry, turning occasionally, until light golden brown all over, about 3 minutes. Using tongs, transfer the breakfast corn dogs to the wire rack on the baking sheet and place in the oven. Repeat with the remaining sausages, working with 4 at a time, refilling the glass with batter as needed, and letting the oil return to 360°F between each batch. (When you reach the last few sausages, you may need to tilt the glass sideways while rotating the sausages to evenly coat them with batter.)

Serve immediately with maple syrup for dipping.

Nutrition Facts

PROTEIN 5.75% **FAT 60.49%** **CARBS 33.76%**

Properties

Glycemic Index:31.44, Glycemic Load:18.93, Inflammation Score:-5, Nutrition Score:11.508695726809%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 519.08kcal (25.95%), Fat: 35.79g (55.07%), Saturated Fat: 6.99g (43.7%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 39.27g (14.28%), Sugar: 23.42g (26.02%), Cholesterol: 46.16mg (15.39%), Sodium: 347.95mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.31%), Vitamin K: 53.95µg (51.38%), Fiber: 5.68g (22.71%), Vitamin E: 2.72mg (18.11%), Vitamin B1: 0.22mg (14.43%), Phosphorus: 138.55mg (13.85%), Manganese: 0.27mg (13.37%), Vitamin B2: 0.22mg (13.23%), Vitamin B6: 0.24mg (12.13%), Vitamin B3: 2.14mg (10.71%), Vitamin C: 8.54mg (10.35%), Potassium: 343.78mg (9.82%), Calcium: 94.11mg (9.41%), Selenium: 6.24µg (8.92%), Iron: 1.47mg (8.18%), Zinc: 1.2mg (7.99%), Magnesium: 30.4mg (7.6%), Folate: 29.26µg (7.32%), Vitamin B12: 0.36µg (6.07%), Copper: 0.11mg (5.56%), Vitamin B5: 0.56mg (5.55%), Vitamin D: 0.65µg (4.34%), Vitamin A: 183.31IU (3.67%)