



Buffalo Corn Dogs

READY IN



45 min.

SERVINGS



10

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 10 servings smoky barbecue sauce for serving
- ☐ 0.5 cup buttermilk
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 10 buffalo hot dogs
- ☐ 1 jalapeño minced seeded
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar

- ☐ 4 tablespoons butter unsalted melted
- ☐ 10 servings vegetable oil for frying
- ☐ 2 cups cornmeal white yellow

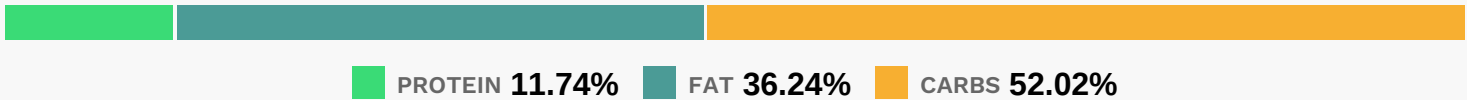
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon
- ☐ wax paper

Directions

- ☐ In a large bowl, stir together the cornmeal, flour, sugar, baking powder and salt. In a small bowl, combine the eggs, buttermilk and jalapeo. Using a wooden spoon, blend the egg mixture and melted butter into the dry ingredients, stirring just until thoroughly combined.
- ☐ At the short end of a long sheet of wax paper, shape 1/3 cup of the cornmeal mixture into a 4-by-6-inch rectangle. Set a buffalo hot dog in the center of the cornmeal mixture and lift the wax paper up and over the hot dog to enclose it in cornmeal. Pull the wax paper around the hot dog and press to coat the meat completely with the cornmeal, rolling until evenly coated.
- ☐ Remove the wax paper and set the corn dog on a large plate. Repeat with the remaining cornmeal mixture and buffalo hot dogs.
- ☐ In a saucepan, heat 2 inches of oil until shimmering. Fry the corn dogs 1 at a time over moderate heat, turning once, until golden, about 3 minutes per side.
- ☐ Serve hot with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:32.81, Glycemic Load:18.2, Inflammation Score:-5, Nutrition Score:13.417391279469%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 427.15kcal (21.36%), Fat: 17.24g (26.52%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 51.63g (18.77%), Sugar: 3.94g (4.38%), Cholesterol: 70.81mg (23.6%), Sodium: 664.7mg (28.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.12%), Selenium: 24.01µg (34.29%), Vitamin B1: 0.41mg (27.57%), Vitamin B2: 0.36mg (21.37%), Manganese: 0.42mg (21.23%), Phosphorus: 210.03mg (21%), Folate: 83.84µg (20.96%), Iron: 3.71mg (20.6%), Vitamin B3: 4.08mg (20.42%), Fiber: 4.03g (16.13%), Zinc: 2.3mg (15.32%), Magnesium: 54.17mg (13.54%), Vitamin B5: 1.35mg (13.46%), Vitamin B6: 0.25mg (12.35%), Calcium: 86.47mg (8.65%), Potassium: 270.72mg (7.73%), Copper: 0.15mg (7.68%), Vitamin B12: 0.39µg (6.46%), Vitamin K: 6.09µg (5.8%), Vitamin A: 231.08IU (4.62%), Vitamin E: 0.66mg (4.42%), Vitamin D: 0.44µg (2.93%), Vitamin C: 1.71mg (2.07%)