



Cheesy Corn Dog Bake

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oscar mayer bun-length wieners
- 8.5 oz corn muffin mix
- 1 cup regular corn frozen thawed
- 4 deli deluxe process american cheese kraft

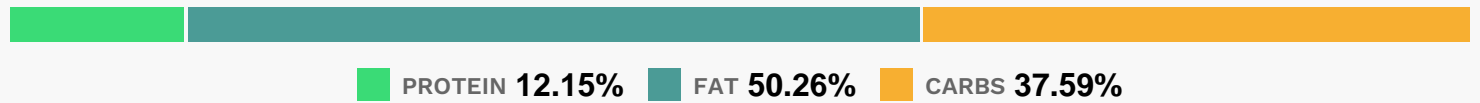
Equipment

- frying pan
- oven

Directions

- Heat oven to 400F.
- Prepare muffin batter as directed on package. Stir in corn.
- Pour into 8-inch square pan sprayed with cooking spray; top with wieners.
- Bake 20 to 25 min. or until cornbread is golden brown. Top with cheese; cover.
- Let stand 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:0.68, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5491304436456%

Nutrients (% of daily need)

Calories: 56.88kcal (2.84%), Fat: 3.19g (4.9%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.27g (1.41%), Cholesterol: 6.91mg (2.3%), Sodium: 140.48mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Phosphorus: 53.57mg (5.36%), Vitamin B1: 0.05mg (3.16%), Calcium: 26.01mg (2.6%), Vitamin B3: 0.49mg (2.43%), Selenium: 1.66µg (2.37%), Vitamin B12: 0.14µg (2.28%), Vitamin B2: 0.04mg (2.13%), Fiber: 0.51g (2.03%), Folate: 7.68µg (1.92%), Zinc: 0.25mg (1.7%), Manganese: 0.03mg (1.44%), Iron: 0.26mg (1.43%), Vitamin B6: 0.03mg (1.37%), Magnesium: 4.1mg (1.03%)