

Corn Dog Bites

READY IN



30 min.

SERVINGS



48

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 16 ounce hot dogs
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup sugar white
- ☐ 1 cup corn meal yellow

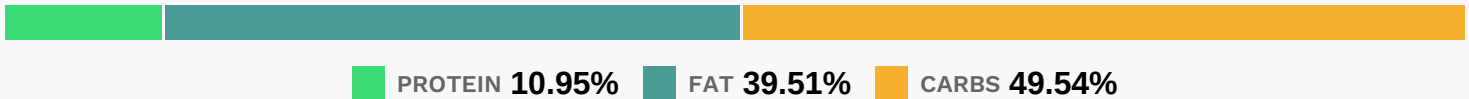
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Spray 2 24-cup mini-muffin pans with cooking spray.
- ☐ Cut hot dogs into 4 pieces crosswise and cut each piece lengthwise to make 8 pieces per hot dog.
- ☐ Whisk flour, corn meal, sugar, baking powder, and salt in a bowl; stir in milk, egg, and vegetable oil to make a smooth batter. Stir chopped hot dogs into batter and spoon the mixture into prepared mini muffin cups.
- ☐ Bake in the preheated oven until the corn muffins are lightly browned and set in the center, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:7.74, Glycemic Load:4.95, Inflammation Score:-1, Nutrition Score:1.8856521719338%

Nutrients (% of daily need)

Calories: 68.05kcal (3.4%), Fat: 3.01g (4.64%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 8.12g (2.95%), Sugar: 2.39g (2.65%), Cholesterol: 8.27mg (2.76%), Sodium: 134.19mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Selenium: 3.98µg (5.68%), Vitamin B1: 0.06mg (3.75%), Vitamin B2: 0.05mg (3.18%), Phosphorus: 30.22mg (3.02%), Vitamin B3: 0.59mg (2.97%), Folate: 10.95µg (2.74%), Iron: 0.48mg (2.66%), Manganese: 0.05mg (2.42%), Zinc: 0.34mg (2.3%), Vitamin K: 2.12µg (2.02%), Calcium: 19.47mg (1.95%), Fiber: 0.38g (1.53%), Magnesium: 6.11mg (1.53%), Vitamin B6: 0.03mg (1.5%), Vitamin B12: 0.08µg (1.41%), Vitamin B5: 0.11mg (1.13%), Potassium: 36.22mg (1.03%)