



Corn Dog Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 oz baked beans undrained canned
- 0.5 cup barbecue sauce
- 2 tablespoons butter melted
- 6.5 oz just-add-water cornbread mix betty crocker®
- 1 eggs
- 16 oz hot dogs
- 0.3 cup milk
- 0.3 cup onion finely chopped

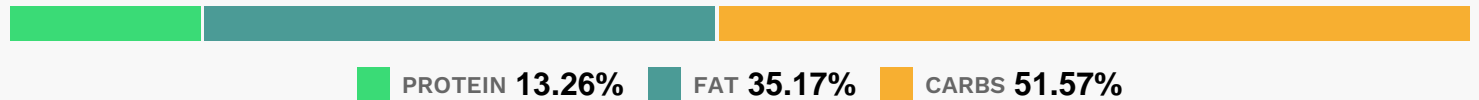
Equipment

- sauce pan
- oven

Directions

- Heat oven to 375°F. In large saucepan, mix all casserole ingredients. Cook over medium-high heat, stirring frequently, until bubbly.
- Pour into ungreased 2-quart casserole.
- Make cornbread mix as directed on package, using milk, butter and egg. Spoon batter evenly around edges of hot bean mixture.
- Bake 20 to 25 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:12.45, Inflammation Score:-6, Nutrition Score:18.707826002784%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 551.17kcal (27.56%), Fat: 22.06g (33.94%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 72.78g (24.26%), Net Carbohydrates: 63.18g (22.97%), Sugar: 15.12g (16.8%), Cholesterol: 72.8mg (24.27%), Sodium: 1621.05mg (70.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.71g (37.42%), Selenium: 30.82µg (44.03%), Phosphorus: 403.89mg (40.39%), Fiber: 9.6g (38.4%), Manganese: 0.69mg (34.29%), Folate: 118.47µg (29.62%), Iron: 5.1mg (28.31%), Vitamin B1: 0.4mg (26.82%), Zinc: 3.84mg (25.57%), Vitamin B2: 0.41mg (24.39%), Vitamin B3: 4.6mg (23%), Copper: 0.39mg (19.73%), Potassium: 651.32mg (18.61%), Magnesium: 68.59mg (17.15%), Calcium: 137.35mg (13.73%), Vitamin B6: 0.21mg (10.44%), Vitamin B12: 0.56µg (9.4%), Vitamin B5: 0.89mg (8.87%), Vitamin A: 317.33IU (6.35%), Vitamin C: 3.4mg (4.12%), Vitamin E: 0.47mg (3.13%), Vitamin D: 0.3µg (1.97%), Vitamin K: 2.05µg (1.96%)