



Corn Dog Variations

READY IN



32 min.

SERVINGS



10

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices apples
- ☐ 10 servings baby corns
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose plus more for coating
- ☐ 10 servings pickled cucumbers / gherkins
- ☐ 10 servings hard-boiled eggs
- ☐ 0.5 cup milk
- ☐ 10 servings mushrooms

- ☐ 10 servings pineapple chunks
- ☐ 10 servings shrimp deveined peeled
- ☐ 2 tablespoons sugar
- ☐ 10 servings vegetable oil for frying
- ☐ 1 cup cornmeal yellow

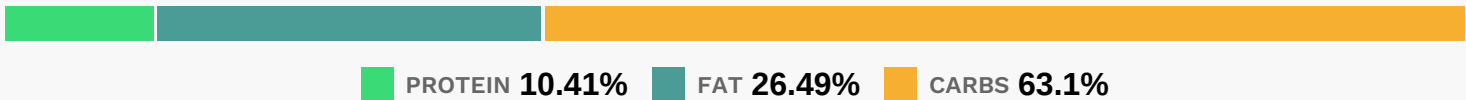
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Special equipment: Long wooden skewers
- ☐ Heat the oil in a deep, heavy pan or deep-fat fryer to 350 degrees F.
- ☐ Whisk the dry ingredients together.
- ☐ Add the egg and half the milk and whisk well to combine.
- ☐ Add more milk as needed until the batter is thick but still pourable.
- ☐ Stick whatever ingredients you decide to use onto long skewers. Use your imagination to find other interesting "variations." Coat the ingredients in flour and then dip into the batter. Make sure to get it completely coated. Immediately and carefully, lower it into the hot oil. Fry, in batches, until they are light brown, about 3 minutes.
- ☐ Let drain on paper towels and serve while still warm.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:16.32, Inflammation Score:-2, Nutrition Score:5.3291304241056%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 165.19kcal (8.26%), Fat: 4.88g (7.51%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 24.02g (8.73%), Sugar: 4.65g (5.16%), Cholesterol: 25.4mg (8.47%), Sodium: 69.74mg (3.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Vitamin B1: 0.16mg (10.66%), Selenium: 7.38µg (10.54%), Manganese: 0.2mg (9.79%), Phosphorus: 87.16mg (8.72%), Fiber: 2.15g (8.61%), Folate: 31.86µg (7.96%), Vitamin B2: 0.13mg (7.62%), Iron: 1.24mg (6.86%), Vitamin B6: 0.12mg (6.21%), Vitamin B3: 1.21mg (6.07%), Magnesium: 23.47mg (5.87%), Vitamin K: 5.99µg (5.71%), Zinc: 0.74mg (4.91%), Calcium: 46.18mg (4.62%), Copper: 0.07mg (3.65%), Potassium: 112.29mg (3.21%), Vitamin B5: 0.32mg (3.15%), Vitamin E: 0.39mg (2.57%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.26µg (1.72%), Vitamin A: 62.89IU (1.26%)