



Corn Dogs

READY IN



40 min.

SERVINGS



8

CALORIES



4359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 8 beef hot dogs
- 1.5 cups buttermilk
- 8.5 ounce regular corn cream-style canned
- 0.5 teaspoon cayenne pepper
- 4 tablespoons cornstarch for dredging
- 1 cup flour all-purpose
- 2 tablespoons jalapeno finely minced seeded (approximately 1 large)

- 2 teaspoons kosher salt
- 0.3 cup onion finely grated
- 1 gallon vegetable oil; peanut oil preferred
- 1 cup cornmeal yellow

Equipment

- mixing bowl
- wire rack
- pot
- tongs
- pie form
- chopsticks
- deep fryer

Directions

- Watch how to make this recipe.
- Special equipment: 8 sets chopsticks, not separated
- Pour oil into a deep fryer or large heavy pot and heat to 375 degrees F. In a medium mixing bowl, combine the cornmeal, flour, salt, baking powder, baking soda, and cayenne pepper. In a separate bowl, combine the jalapeno, corn, onion, and buttermilk.
- Add the dry ingredients to the wet ingredients all at once, and stir only enough times to bring the batter together; there should be lumps. Set batter aside and allow to rest for 10 minutes.
- Scatter the cornstarch into a dry pie pan.
- Roll each hot dog in the cornstarch and tap well to remove any excess.
- Transfer enough batter to almost fill a large drinking glass. Refill the glass as needed.
- Place each hot dog on chopsticks, and quickly dip in and out of the batter. Immediately and carefully place each hot dog into the oil, and cook until coating is golden brown, about 4 to 5 minutes. With tongs, remove to cooling rack, and allow to drain for 3 to 5 minutes.

Nutrition Facts



■ PROTEIN 0.97% ■ FAT 95.43% ■ CARBS 3.6%

Properties

Glycemic Index:44.69, Glycemic Load:18.27, Inflammation Score:-7, Nutrition Score:14.686521727106%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 4358.53kcal (217.93%), Fat: 470.1g (723.23%), Saturated Fat: 83.37g (521.03%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 36.9g (13.42%), Sugar: 4.69g (5.21%), Cholesterol: 30.15mg (10.05%), Sodium: 1257.57mg (54.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Vitamin E: 71.51mg (476.72%), Selenium: 13.62µg (19.46%), Phosphorus: 192.96mg (19.3%), Vitamin B12: 0.94µg (15.68%), Vitamin B1: 0.23mg (15.4%), Vitamin B3: 2.84mg (14.21%), Manganese: 0.28mg (14.18%), Vitamin B2: 0.24mg (14.09%), Zinc: 2.11mg (14.07%), Folate: 55.67µg (13.92%), Iron: 2.3mg (12.77%), Fiber: 2.94g (11.76%), Vitamin B6: 0.22mg (10.92%), Magnesium: 41.86mg (10.47%), Calcium: 92.68mg (9.27%), Copper: 0.17mg (8.39%), Vitamin C: 6.27mg (7.6%), Potassium: 262.22mg (7.49%), Vitamin D: 0.86µg (5.7%), Vitamin B5: 0.53mg (5.31%), Vitamin K: 4.22µg (4.02%), Vitamin A: 189.11IU (3.78%)