



## Corn Dogs

READY IN



45 min.

SERVINGS



8

CALORIES



743 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 apples
- 1 tablespoon double-acting baking powder
- 2 large eggs
- 1 cup flour all-purpose
- 2 tablespoons granulated sugar
- 1 cup cornmeal yellow
- 2 tablespoons honey
- 2 ounce hot dogs
- 8 servings catsup for dipping

- 0.5 teaspoon salt fine
- 2 quarts vegetable oil for frying
- 1 cup milk whole

## Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- spatula
- dutch oven
- tongs
- candy thermometer

## Directions

- Heat the oven to 250°F and arrange a rack in the middle. Set a wire rack over a baking sheet; set aside.
- Pour the oil into a Dutch oven or a large, heavy-bottomed pot.
- Heat over medium-high heat until the oil temperature reaches 360°F on a deep-frying/candy thermometer. Meanwhile, insert a craft stick lengthwise into each hot dog (try to keep the stick aligned in the center of the hot dog), leaving about 2 inches of the stick exposed at the bottom; set aside. When the oil is almost ready (about 325°F), whisk the cornmeal, flour, baking powder, and salt together in a medium bowl.
- Whisk the milk, eggs, honey, and sugar together in a large bowl until smooth and the sugar has dissolved.
- Add the cornmeal mixture to the milk mixture and stir with a rubber spatula just until a smooth batter forms.
- Pour some of the batter into a tall, narrow container or drinking glass, leaving 1 inch of room at the top. When the oil is ready, evenly dip a hot dog into the glass of batter by holding the stick and rotating the hot dog as needed until it's completely covered with batter. Immediately

place into the hot oil. Repeat with a second hot dog. Fry, turning occasionally, until light golden brown all over, about 3 minutes. Using tongs, transfer the corn dogs to the wire rack on the baking sheet and place in the oven. Repeat with the remaining hot dogs, working with 2 at a time, refilling the glass with batter as needed, and letting the oil return to 360°F between batches. (When you reach the last 2 hot dogs, you may need to tilt the glass sideways while rotating the dogs to coat them evenly with batter.)

Serve immediately with ketchup and mustard for dipping.

## Nutrition Facts

**PROTEIN 3.95%** **FAT 61.43%** **CARBS 34.62%**

### Properties

Glycemic Index:56.98, Glycemic Load:29.55, Inflammation Score:-7, Nutrition Score:15.928695761639%

### Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

### Nutrients (% of daily need)

Calories: 743.26kcal (37.16%), Fat: 52.19g (80.29%), Saturated Fat: 8.83g (55.18%), Carbohydrates: 66.19g (22.06%), Net Carbohydrates: 59.47g (21.63%), Sugar: 31.29g (34.77%), Cholesterol: 53.35mg (17.78%), Sodium: 521.38mg (22.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.09%), Vitamin K: 91.69µg (87.32%), Vitamin E: 4.65mg (30.98%), Fiber: 6.72g (26.87%), Selenium: 12.95µg (18.5%), Phosphorus: 181.16mg (18.12%), Vitamin B2: 0.29mg (17.03%), Vitamin B1: 0.25mg (16.93%), Manganese: 0.33mg (16.43%), Calcium: 151.5mg (15.15%), Vitamin B6: 0.27mg (13.36%), Folate: 51.61µg (12.9%), Iron: 2.18mg (12.09%), Potassium: 394.07mg (11.26%), Vitamin C: 9.02mg (10.93%), Magnesium: 42.35mg (10.59%), Vitamin B3: 2.1mg (10.52%), Zinc: 1.27mg (8.44%), Copper: 0.15mg (7.48%), Vitamin B5: 0.65mg (6.51%), Vitamin A: 292.14IU (5.84%), Vitamin B12: 0.31µg (5.21%), Vitamin D: 0.59µg (3.9%)