



Corn Dogs

READY IN



45 min.

SERVINGS



8

CALORIES



686 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups buttermilk well-shaken
- ☐ 0.1 teaspoon ground pepper
- ☐ 1.5 cups cornmeal
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose divided
- ☐ 8 hot dogs
- ☐ 8 servings mustard

- ☐ 1 teaspoon sugar
- ☐ 8 cups vegetable oil divided

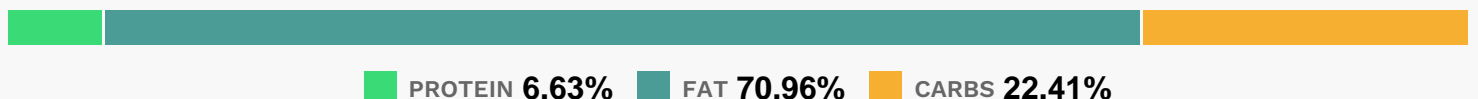
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Oil grill pan, then grill hot dogs over medium-high heat, turning occasionally, until lightly charred on all sides, about 5 minutes total.
- ☐ Transfer to a plate and cool slightly, then insert a wooden stick into each hot dog. Put 3 tablespoons flour on another plate and roll hot dogs in flour to coat, shaking off excess.
- ☐ Heat 3 inches oil to 350°F in a deep 3-quart heavy pot over medium-high heat.
- ☐ Meanwhile, whisk together cornmeal, remaining 1/2 cup flour, 2 tablespoons vegetable oil, baking powder, sugar, baking soda, cayenne, and 3/4 teaspoon salt in a medium bowl.
- ☐ Add eggs 1 at a time, whisking well after each addition.
- ☐ Whisk in buttermilk.
- ☐ Transfer some of batter to a tall glass, filling it almost to the top.
- ☐ Working in batches of 2 or 3, dip hot dogs, 1 at a time, into glass of batter to coat (add more batter to glass if necessary), then fry, turning occasionally, until batter is cooked through and golden-brown all over, about 3 minutes.
- ☐ Transfer corn dogs to paper towels to drain. Return oil to 350°F and refill glass with batter between batches.

Nutrition Facts



Properties

Glycemic Index:53.57, Glycemic Load:20.72, Inflammation Score:-6, Nutrition Score:15.399130400756%

Nutrients (% of daily need)

Calories: 686.09kcal (34.3%), Fat: 54.71g (84.17%), Saturated Fat: 10.44g (65.22%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 35.65g (12.96%), Sugar: 2.94g (3.26%), Cholesterol: 70.88mg (23.63%), Sodium: 569.19mg (24.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Vitamin K: 80.51µg (76.68%), Selenium: 23.29µg (33.28%), Vitamin E: 3.87mg (25.77%), Phosphorus: 198.61mg (19.86%), Vitamin B1: 0.29mg (19.4%), Vitamin B2: 0.32mg (18.68%), Manganese: 0.31mg (15.64%), Iron: 2.72mg (15.11%), Zinc: 2.22mg (14.83%), Vitamin B3: 2.95mg (14.73%), Folate: 54.62µg (13.65%), Fiber: 3.24g (12.95%), Vitamin B6: 0.24mg (12.04%), Magnesium: 47.37mg (11.84%), Calcium: 111.16mg (11.12%), Vitamin B12: 0.52µg (8.63%), Vitamin B5: 0.79mg (7.95%), Copper: 0.14mg (7.04%), Potassium: 246.22mg (7.03%), Vitamin D: 0.74µg (4.92%), Vitamin A: 145.93IU (2.92%)