



Corn Dogs

READY IN



45 min.

SERVINGS



40

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.3 cups buttermilk
- ☐ 0.3 teaspoon cayenne
- ☐ 1 cup cornmeal
- ☐ 0.8 cup flour
- ☐ 1.5 teaspoons kosher salt
- ☐ 16 ounces sausages mini
- ☐ 2 tablespoons sugar

- ☐ 4 cups vegetable oil
- ☐ 40 servings toothpicks
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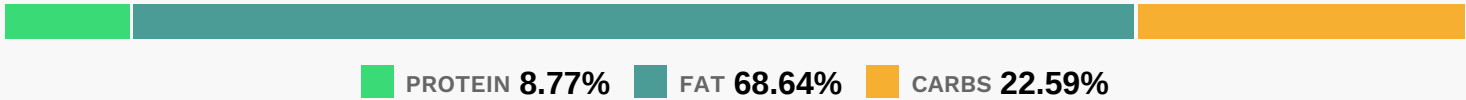
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ toothpicks
- ☐ slotted spoon
- ☐ candy thermometer

Directions

- ☐ Combine cornmeal, flour, salt, baking powder, baking soda, cayenne, and sugar.
- ☐ In a separate bowl, mix buttermilk and 3 tbsp. water.
- ☐ Add the dry ingredients and stir (mixture will be lumpy).
- ☐ Let rest 10 minutes.
- ☐ Heat oil to 375 (check with a candy thermometer) in a high-sided 8-qt. pot. Insert a toothpick into the end of each mini sausage, leaving at least 1 in. of toothpick exposed. Remix the batter slightly, and transfer to a small, deep container.
- ☐ Dip each sausage into the batter, holding the toothpick end, then carefully drop into the oil, frying only 3 at a time. Turn with a slotted spoon until golden.
- ☐ Transfer to a plate lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:3.58, Inflammation Score:-1, Nutrition Score:1.8173912832432%

Nutrients (% of daily need)

Calories: 103.51kcal (5.18%), Fat: 7.94g (12.22%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.44g (1.98%), Sugar: 1.19g (1.33%), Cholesterol: 8.08mg (2.69%), Sodium: 225.98mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin K: 8.07µg (7.68%), Phosphorus: 43.57mg (4.36%), Zinc: 0.39mg (2.61%), Vitamin E: 0.38mg (2.54%), Vitamin B1: 0.03mg (2.26%), Manganese: 0.04mg (2.11%), Iron: 0.37mg (2.08%), Copper: 0.04mg (1.89%), Selenium: 1.32µg (1.88%), Magnesium: 7.49mg (1.87%), Fiber: 0.44g (1.76%), Vitamin B2: 0.03mg (1.67%), Folate: 6.03µg (1.51%), Calcium: 14.95mg (1.49%), Vitamin B6: 0.03mg (1.37%), Potassium: 45.35mg (1.3%), Vitamin B3: 0.24mg (1.22%)