



Corn Dogs

READY IN



40 min.

SERVINGS



16

CALORIES



382 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 32 ounce beef frankfurters
- ☐ 0.1 teaspoon pepper black
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1 quart vegetable oil for frying
- ☐ 0.3 cup sugar white

☐ 1 cup cornmeal yellow

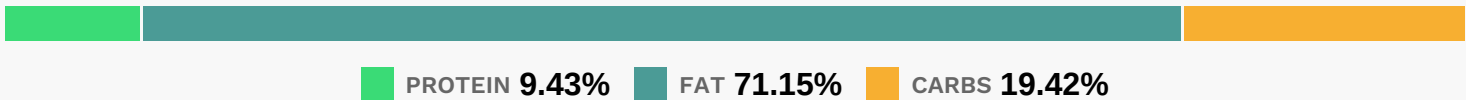
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ wooden skewers

Directions

- ☐ In a medium bowl, combine cornmeal, flour, salt, pepper, sugar and baking powder. Stir in eggs and milk.
- ☐ Preheat oil in a deep saucepan over medium heat. Insert wooden skewers into frankfurters.
- ☐ Roll frankfurters in batter until well coated.
- ☐ Fry 2 or 3 corn dogs at a time until lightly browned, about 3 minutes.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:11.34, Inflammation Score:-2, Nutrition Score:7.6865218022595%

Nutrients (% of daily need)

Calories: 382.26kcal (19.11%), Fat: 30.41g (46.78%), Saturated Fat: 9.35g (58.47%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 17.52g (6.37%), Sugar: 4.95g (5.5%), Cholesterol: 43.81mg (14.6%), Sodium: 733.79mg (31.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.14%), Vitamin K: 21.88µg (20.84%), Vitamin B12: 1.03µg (17.18%), Selenium: 10.92µg (15.6%), Phosphorus: 152.96mg (15.3%), Zinc: 1.7mg (11.35%), Vitamin B3: 2.02mg (10.12%), Iron: 1.58mg (8.8%), Calcium: 86.62mg (8.66%), Vitamin B2: 0.14mg (8.16%), Vitamin B1: 0.12mg (8.01%), Vitamin E: 1.05mg (6.97%), Manganese: 0.13mg (6.6%), Copper: 0.12mg (5.87%), Vitamin B6: 0.12mg (5.85%), Folate: 22.37µg (5.59%), Magnesium: 22.18mg (5.55%), Fiber: 1.15g (4.6%), Potassium: 141.21mg (4.03%), Vitamin D: 0.56µg (3.75%), Vitamin B5: 0.32mg (3.17%)