



Corn Dogs and Taters

READY IN



45 min.

SERVINGS



8

CALORIES



353 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 baking potatoes cut into 1/2-inch cubes (3/4 pound)
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 8 hot dogs
- ☐ 0.5 cup milk
- ☐ 8 servings vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

☐ 16 sticks wooden divided (8-inch)

Equipment

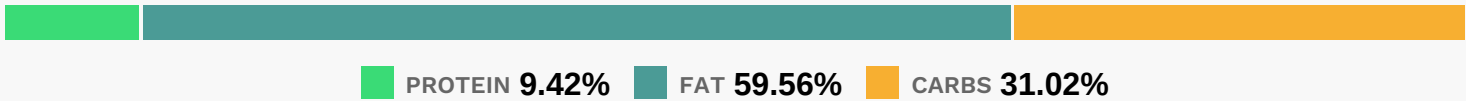
☐ frying pan

☐ whisk

Directions

- ☐ Insert a stick into each hot dog, leaving about a 3-inch handle; set aside.
- ☐ Thread potatoes onto remaining sticks.
- ☐ Whisk together flour and next 5 ingredients; pour into a tall glass.
- ☐ Pour peanut oil to a depth of 1 1/2 inches into a large skillet; heat to 35
- ☐ Dip hot dogs in batter, covering well.
- ☐ Fry hot dogs and potatoes, in batches, 4 to 5 minutes or until golden brown.
- ☐ Serve with mustard or ketchup.
- ☐ Note: Substitute 1 (8-ounce) package hush puppy mix and 3/4 cup milk or 1 (8 1/2-ounce) package corn muffin mix, 1 large egg, and 1/3 cup milk for flour through vegetable oil.

Nutrition Facts



Properties

Glycemic Index:39.72, Glycemic Load:16.69, Inflammation Score:-3, Nutrition Score:9.1621739086897%

Nutrients (% of daily need)

Calories: 352.88kcal (17.64%), Fat: 23.62g (36.34%), Saturated Fat: 5.48g (34.27%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 26.66g (9.7%), Sugar: 1.12g (1.24%), Cholesterol: 45.33mg (15.11%), Sodium: 497.21mg (21.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.82%), Selenium: 18.32µg (26.17%), Vitamin B1: 0.25mg (16.98%), Vitamin E: 2.42mg (16.15%), Vitamin B2: 0.25mg (14.77%), Vitamin B3: 2.94mg (14.69%), Folate: 53.89µg (13.47%), Iron: 2.21mg (12.26%), Phosphorus: 119.75mg (11.97%), Vitamin B6: 0.23mg (11.56%), Manganese: 0.21mg (10.41%), Potassium: 331.87mg (9.48%), Zinc: 1.29mg (8.6%), Vitamin B12: 0.37µg (6.2%), Vitamin B5: 0.6mg (5.98%), Magnesium: 23.33mg (5.83%), Calcium: 56.52mg (5.65%), Copper: 0.11mg (5.58%), Vitamin K: 4.28µg (4.08%), Fiber: 1.01g (4.04%), Vitamin C: 3.08mg (3.73%), Vitamin D: 0.29µg (1.95%), Vitamin A: 58.99IU (1.18%)