



Corn Dogs with Sweet Mustard

READY IN



16 min.

SERVINGS



8

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1 cup baking mix
- ☐ 4 cups canola oil for frying
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup cornmeal
- ☐ 1 a deep fryer
- ☐ 1 large eggs
- ☐ 0.3 cup flour for dusting all-purpose
- ☐ 1 teaspoon garlic powder

- ☐ 8 hot dogs
- ☐ 0.8 cup milk
- ☐ 0.5 cup spicy brown mustard

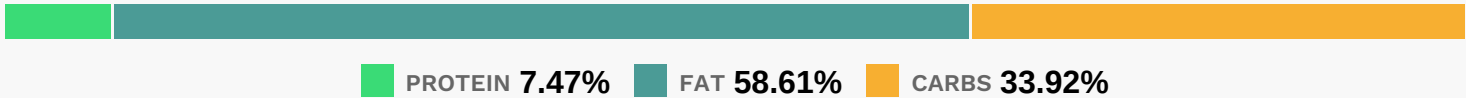
Equipment

- ☐ bowl
- ☐ whisk
- ☐ chopsticks

Directions

- ☐ In a large bowl, whisk together the baking mix, cornmeal, garlic powder, and cayenne. In another bowl, whisk together the egg and milk.
- ☐ Pour the wet ingredients into the dry ingredients and whisk until blended.
- ☐ In a small bowl, stir together the mustard and preserves.
- ☐ When you are ready to fry, insert a chopstick into the end of each hot dog and push about halfway into the meat. (Reserve 2 hot dogs for the Online Round 2 Recipe Cheesy Hot Dog Scramble.) Dust each hotdog with flour, dip into the batter, and carefully lower it into the hot oil. Fry 2 or 3 at a time until golden brown, 3 to 5 minutes.
- ☐ Drain on brown paper.
- ☐ Brush with the sweet mustard sauce and serve warm.

Nutrition Facts



Properties

Glycemic Index:34.81, Glycemic Load:13.59, Inflammation Score:-5, Nutrition Score:14.588260837223%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 647.6kcal (32.38%), Fat: 42.59g (65.53%), Saturated Fat: 7.76g (48.52%), Carbohydrates: 55.47g (18.49%), Net Carbohydrates: 52.04g (18.93%), Sugar: 6.64g (7.37%), Cholesterol: 46.54mg (15.52%), Sodium: 791.75mg (34.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.42%), Selenium: 24.73µg (35.32%), Vitamin E: 4.53mg (30.19%), Vitamin B1: 0.4mg (26.35%), Phosphorus: 254.69mg (25.47%), Manganese: 0.46mg (22.84%), Vitamin K: 21.61µg (20.58%), Folate: 80.8µg (20.2%), Vitamin B2: 0.34mg (20.17%), Vitamin B3: 3.91mg (19.55%), Iron: 3.31mg (18.39%), Zinc: 2.06mg (13.76%), Fiber: 3.43g (13.71%), Magnesium: 47.61mg (11.9%), Vitamin B6: 0.21mg (10.53%), Calcium: 88.39mg (8.84%), Vitamin B5: 0.84mg (8.36%), Copper: 0.16mg (8.01%), Vitamin B12: 0.47µg (7.86%), Potassium: 261.74mg (7.48%), Vitamin D: 0.38µg (2.51%), Vitamin A: 123.62IU (2.47%), Vitamin C: 0.86mg (1.04%)