



## Gluten-Free Tuesday: Corn Dogs



Gluten Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



1349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.3 cups cornstarch gluten-free
- ☐ 2 large eggs
- ☐ 3 tablespoons honey
- ☐ 8 hot dogs gluten-free
- ☐ 1 cup milk
- ☐ 0.8 cup rice flour white for coating hot dogs
- ☐ 0.5 teaspoon salt

- ☐ 1 quart vegetable oil
- ☐ 0.3 teaspoon xanthan gum

## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ baking pan
- ☐ tongs

## Directions

- ☐ In small bowl, whisk together gluten-free cornflour, 3.75 ounces white rice flour, baking powder, salt, and xanthan gum.
- ☐ Add milk, eggs, vegetable oil, and honey.
- ☐ Mix together until smooth. Allow batter to stand for ten minutes.
- ☐ Place about 1/2 cup white rice flour on a medium plate. Dry hot dogs, including ends, and slide sticks into hot dogs. You want to slide sticks about halfway into the hot dog.
- ☐ Roll hot dogs, one at a time, in white rice flour.
- ☐ Place hot dogs on dry plate. Set aside
- ☐ Heat oil to 375°F. Line a plate or baking pan with a few paper towels.
- ☐ Place near the fryer. (Be sure plate is a safe distance from the fryer.)
- ☐ Select a glass that's tall enough to dip the entire hot dog into.
- ☐ Pour batter into drinking glass. Dip hot dogs, one at a time, into glass. Lift hot dog from batter and swirl lightly. Quickly transfer coated hot dog into the hot oil, gently placing the hot dog into the oil. Fry one or two corn dogs at a time. After about one minute of frying, gently "roll" the corn dog in the oil using a pair of metal tongs. (Often they roll themselves.)
- ☐ Remove corn dogs from oil.
- ☐ Drain on paper towel lined plate and serve. If stick is still hot, wrap in a paper towel before serving.

## Nutrition Facts



 **PROTEIN 2.43%**  **FAT 83.84%**  **CARBS 13.73%**

## Properties

Glycemic Index:34.78, Glycemic Load:14.42, Inflammation Score:-3, Nutrition Score:14.477391153898%

## Nutrients (% of daily need)

Calories: 1348.93kcal (67.45%), Fat: 127.36g (195.94%), Saturated Fat: 21.41g (133.78%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 46.28g (16.83%), Sugar: 8g (8.89%), Cholesterol: 70.41mg (23.47%), Sodium: 593.3mg (25.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.63%), Vitamin K: 217.67µg (207.31%), Vitamin E: 9.84mg (65.6%), Selenium: 19.23µg (27.47%), Phosphorus: 139.88mg (13.99%), Vitamin B2: 0.23mg (13.61%), Manganese: 0.24mg (12.2%), Calcium: 116.54mg (11.65%), Vitamin B3: 2.11mg (10.57%), Vitamin B1: 0.15mg (10.05%), Zinc: 1.35mg (8.97%), Iron: 1.6mg (8.86%), Vitamin B12: 0.51µg (8.5%), Folate: 28.68µg (7.17%), Vitamin B5: 0.67mg (6.68%), Vitamin B6: 0.13mg (6.48%), Magnesium: 17.29mg (4.32%), Potassium: 145.33mg (4.15%), Vitamin D: 0.59µg (3.9%), Copper: 0.08mg (3.85%), Fiber: 0.63g (2.52%), Vitamin A: 116.91IU (2.34%)