



Hot Dog in the Hole

READY IN



40 min.

SERVINGS



3

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs
- ☐ 0.7 cup flour
- ☐ 18 inch hot dogs cut into 1-inch pieces
- ☐ 0.5 cup milk
- ☐ 0.5 cup cheese sauce warmed prepared
- ☐ 0.5 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon vegetable oil

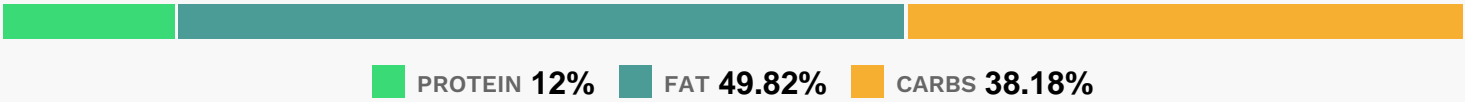
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Arrange oven rack in upper third of oven and preheat oven to 425F
- ☐ Brush oil onto bottom and up sides of an 8-inch baking dish to thoroughly coat inside dish. Arrange cut-up pieces of hot dog in dish and bake for 5 minutes.
- ☐ In a medium bowl, combine flour, milk, egg and 2 Tbsp. water; season with salt and pepper and stir thoroughly. Beat using an electric hand mixer or whisk until mixture is completely smooth.
- ☐ Carefully remove hot dish of hot dogs from oven and pour egg batter on top.
- ☐ Bake for 30 minutes, until puffed and golden brown around edges. Divide into equal portions and serve with warm cheese sauce.

Nutrition Facts



Properties

Glycemic Index:57.67, Glycemic Load:16.88, Inflammation Score:-4, Nutrition Score:8.5665217179643%

Nutrients (% of daily need)

Calories: 302.32kcal (15.12%), Fat: 16.83g (25.9%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 28.18g (10.25%), Sugar: 3.66g (4.07%), Cholesterol: 69.85mg (23.28%), Sodium: 561.77mg (24.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.24%), Selenium: 18.75µg (26.78%), Vitamin B1: 0.28mg (18.91%), Vitamin B2: 0.3mg (17.86%), Folate: 65.25µg (16.31%), Manganese: 0.25mg (12.61%), Phosphorus: 115.73mg (11.57%), Vitamin B3: 2.26mg (11.32%), Iron: 1.94mg (10.77%), Calcium: 95.75mg (9.57%), Vitamin K: 9.13µg (8.7%), Vitamin A: 358.26IU (7.17%), Vitamin B12: 0.43µg (7.16%), Vitamin B5: 0.58mg (5.82%), Zinc: 0.86mg (5.75%), Vitamin D: 0.74µg (4.94%), Potassium: 137.66mg (3.93%), Magnesium: 15.3mg (3.83%), Vitamin E: 0.57mg (3.77%),

Vitamin B6: 0.07mg (3.53%), Copper: 0.07mg (3.37%), Fiber: 0.83g (3.34%)