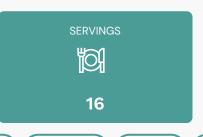


# Jalapeño-Cheese Corn "Dogs"

**Vegetarian** 







ANTIPASTI

STARTER

SNACK

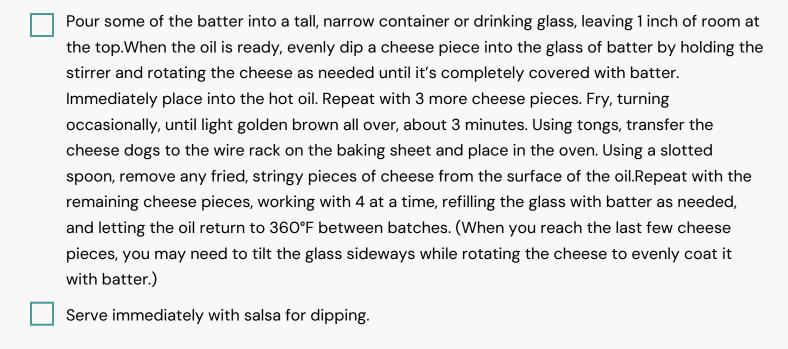
APPETIZER

# Ingredients

1 tablespoon double-acting baking powder
2 large eggs
1 cup flour all-purpose
2 tablespoons granulated sugar
1 cup cornmeal yellow
2 tablespoons honey
2 tablespoons jalapeno stemmed finely chopped

16 ounce pepper jack cheese rectangular

	0.5 teaspoon salt fine	
	2 quarts vegetable oil for frying	
	1 cup milk whole	
Equipment		
	bowl	
	baking sheet	
	oven	
	whisk	
	wire rack	
	spatula	
	skewers	
	slotted spoon	
	dutch oven	
	tongs	
	candy thermometer	
Directions		
	Heat the oven to 250°F and arrange a rack in the middle. Set a wire rack over a baking sheet; set aside.	
	Pour the oil into a Dutch oven or a large, heavy-bottomed pot.	
	Heat over medium-high heat until the oil temperature reaches 360°F on a deep-frying/candy thermometer. Meanwhile, cut each block of cheese widthwise into 8 pieces. Skewer each piece of cheese lengthwise with the coffee stirrers (try to keep the sticks aligned in the center of the cheese), leaving about 11/2 inches of the stirrer exposed at the bottom; set aside. When the oil is almost ready (about 325°F), whisk the cornmeal, flour, baking powder, and salt together in a medium bowl.	
	Whisk the milk, eggs, honey, sugar, and jalapeños together in a large bowl until combined and the sugar has dissolved.	
	Add the cornmeal mixture to the milk mixture and stir with a rubber spatula just until a smooth batter forms.	



## **Nutrition Facts**

PROTEIN 9.59% FAT 73.08% CARBS 17.33%

#### **Properties**

Glycemic Index:28.43, Glycemic Load:11.35, Inflammation Score:-4, Nutrition Score:9.2704348460488%

#### **Flavonoids**

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 414.27kcal (20.71%), Fat: 34g (52.31%), Saturated Fat: 9.62g (60.12%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 16.94g (6.16%), Sugar: 4.8g (5.34%), Cholesterol: 50.31mg (16.77%), Sodium: 337.67mg (14.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.09%), Vitamin K: 44.67µg (42.54%), Calcium: 280.03mg (28%), Phosphorus: 201.47mg (20.15%), Vitamin E: 2.19mg (14.61%), Selenium: 9.6µg (13.72%), Vitamin B2: 0.21mg (12.39%), Zinc: 1.37mg (9.1%), Vitamin B1: 0.11mg (7.15%), Folate: 26.27µg (6.57%), Manganese: 0.13mg (6.34%), Vitamin B12: 0.37µg (6.22%), Iron: 1.08mg (5.99%), Vitamin A: 296.68IU (5.93%), Magnesium: 23.12mg (5.78%), Vitamin B6: 0.11mg (5.64%), Fiber: 1.2g (4.82%), Vitamin B3: 0.78mg (3.9%), Vitamin B5: 0.31mg (3.13%), Vitamin D: 0.46µg (3.09%), Potassium: 101.03mg (2.89%), Vitamin C: 2.24mg (2.71%), Copper: 0.05mg (2.55%)