

Mini Beer-and-Sausage Corn Dogs

a Dairy Free







ANTIPASTI

STARTER

SNACK

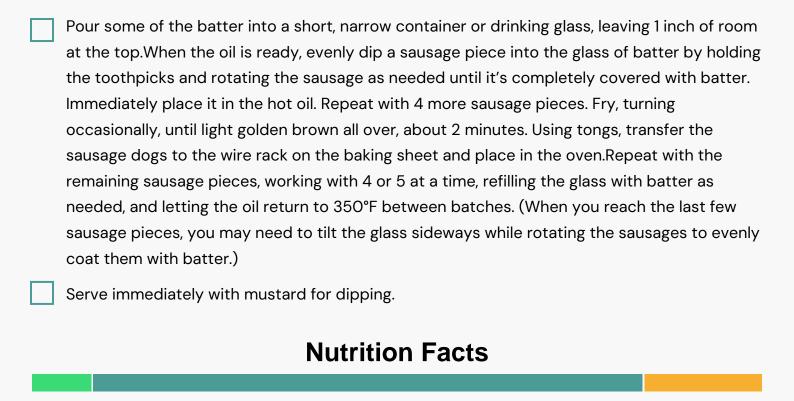
APPETIZER

Ingredients

1 tablespoon double-acting baking powder
1 cup beer cold (any type of beer will work)
2 large eggs
1 cup flour all-purpose
2 tablespoons granulated sugar
1 cup cornmeal yellow
2 tablespoons honey

0.5 teaspoon salt fine

	1.5 pounds sausage cooked
	2 quarts vegetable oil for frying
	48 frangelico
	48 frangelico
_	•
Eq	juipment
	bowl
	baking sheet
	oven
	whisk
	wire rack
	toothpicks
	spatula
	dutch oven
	tongs
	candy thermometer
Dii	rections
	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 it reaches 350°F on a deep-frying/candy thermometer. Meanwhile, insert 2 toothpicks into the cut side of each piece of sausage, leaving about 11/4 inches of the toothpicks exposed on one side; set aside. When the oil is almost ready (about 300°F), whisk the cornmeal, flour, baking powder, and salt together in a medium bowl.
	Whisk the beer, eggs, honey, and sugar together in a large bowl until combined and the sugar has dissolved.
	Add the cornmeal mixture to the beer mixture and stir with a rubber spatula until just combined.



Properties

Glycemic Index:17.77, Glycemic Load:7.47, Inflammation Score:-2, Nutrition Score:5.5421739505685%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin:

PROTEIN 8.38% FAT 75.31% CARBS 16.31%

Nutrients (% of daily need)

Calories: 289.63kcal (14.48%), Fat: 24.13g (37.13%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 10.99g (4%), Sugar: 2.57g (2.85%), Cholesterol: 35.91mg (11.97%), Sodium: 288.51mg (12.54%), Alcohol: 0.38g (100%), Alcohol %: 0.36% (100%), Protein: 6.04g (12.09%), Vitamin K: 29.16µg (27.77%), Vitamin E: 1.42mg (9.44%), Vitamin B1: 0.14mg (9.39%), Vitamin B3: 1.86mg (9.3%), Phosphorus: 79.45mg (7.95%), Vitamin B6: 0.14mg (7.01%), Zinc: 0.92mg (6.11%), Vitamin B2: 0.09mg (5.23%), Selenium: 3.52µg (5.03%), Iron: 0.9mg (4.98%), Vitamin B12: 0.28µg (4.67%), Manganese: 0.08mg (4.15%), Folate: 14.65µg (3.66%), Calcium: 35.98mg (3.6%), Magnesium: 13.46mg (3.37%), Vitamin B5: 0.32mg (3.22%), Fiber: 0.77g (3.07%), Potassium: 106.66mg (3.05%), Vitamin D: 0.45µg (3.01%), Copper: 0.05mg (2.33%)