



## Mini Beer-and-Sausage Corn Dogs

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



290 kcal

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

## Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- toothpicks
- spatula
- 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 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 1 1/4 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.
- Pour some of the batter into a short, narrow container or drinking glass, leaving 1 inch of room at the top. When the oil is ready, evenly dip a sausage piece into the glass of batter by holding the toothpicks and rotating the sausage as needed until it's completely covered with batter.

Immediately place it in the hot oil. Repeat with 4 more sausage pieces. Fry, turning occasionally, until light golden brown all over, about 2 minutes. Using tongs, transfer the sausage dogs to the wire rack on the baking sheet and place in the oven. Repeat with the remaining sausage pieces, working with 4 or 5 at a time, refilling the glass with batter as needed, and letting the oil return to 350°F between batches. (When you reach the last few sausage pieces, you may need to tilt the glass sideways while rotating the sausages to evenly coat them with batter.)

Serve immediately with mustard for dipping.

## Nutrition Facts

**PROTEIN 8.38%** **FAT 75.31%** **CARBS 16.31%**

### 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: 0.08mg, Kaempferol: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### 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%)