



Mini Chorizo Corn Dogs

READY IN



40 min.

SERVINGS



24

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 12 ounces chorizo sausage cut fully cooked
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 24 servings kosher salt
- ☐ 3 scallions thinly sliced

- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ muffin tray
- ☐ mini muffin tray

Directions

- ☐ Preheat the oven to 375 degrees F and coat a 24-cup mini muffin pan with cooking spray. Slice the chorizo into 24 rounds, about 1/2 inch thick.
- ☐ Heat the vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add the chorizo and cook, stirring occasionally, until lightly browned, about 3 minutes.
- ☐ Transfer to a paper towel-lined plate to cool.
- ☐ Meanwhile, combine the cornmeal, flour, sugar, 1/2 teaspoon salt, the baking powder, baking soda and cayenne in a large bowl. In another bowl, whisk the egg and buttermilk, then whisk into the cornmeal mixture along with the scallions until smooth. (It should be the consistency of pancake batter.)
- ☐ Pour the batter into the prepared muffin pan, filling each cup about halfway.
- ☐ Place a piece of chorizo in the center of each cup.
- ☐ Bake until golden and cooked through, about 12 minutes.
- ☐ Let cool 5 minutes, then remove from the pan.
- ☐ Photograph by Levi Brown

Nutrition Facts



 **PROTEIN 16.9%**  **FAT 51.46%**  **CARBS 31.64%**

Properties

Glycemic Index:16.69, Glycemic Load:2.55, Inflammation Score:-1, Nutrition Score:1.5830434871757%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 54.83kcal (2.74%), Fat: 3.09g (4.75%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.8g (0.89%), Cholesterol: 18.58mg (6.19%), Sodium: 219.71mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin K: 4.2µg (4%), Vitamin C: 2.87mg (3.48%), Vitamin A: 118.68IU (2.37%), Selenium: 1.57µg (2.24%), Phosphorus: 21.8mg (2.18%), Iron: 0.39mg (2.15%), Vitamin B2: 0.03mg (1.96%), Calcium: 19.17mg (1.92%), Manganese: 0.03mg (1.72%), Vitamin B1: 0.03mg (1.69%), Fiber: 0.39g (1.57%), Folate: 5.85µg (1.46%), Vitamin B6: 0.03mg (1.39%), Magnesium: 5.19mg (1.3%), Zinc: 0.17mg (1.16%)