



Mini Corn Dogs

READY IN



45 min.

SERVINGS



24

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.3 cup buttermilk
- ☐ 1.5 teaspoons cayenne pepper
- ☐ 1 teaspoon chili powder
- ☐ 1 cup bacon crumbled cooked (9 strips)
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon honey

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 quart vegetable oil for frying
- ☐ 0.5 teaspoon pepper white
- ☐ 24 cocktail wieners cut into 4 pieces each (such as Lit'l Smokies)
- ☐ 0.5 cup cornmeal yellow

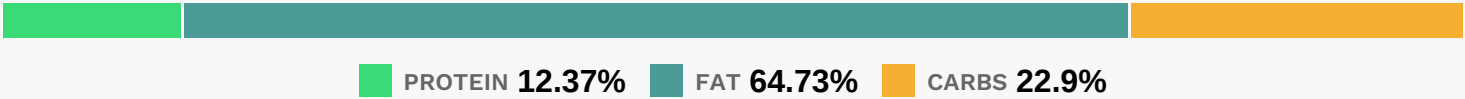
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ In a medium pot, preheat oil to 365°F.
- ☐ In a mixing bowl, stir together cornmeal, flour, sugar, cayenne pepper, chili powder, salt, white pepper, baking powder, and baking soda. {Tip: If you prefer a smoother batter, pulse the cornmeal and flour together in a food processor before stirring in the remaining dry ingredients.} Stir in buttermilk, egg, and honey and gently whisk until no lumps remain. Fold in bacon.
- ☐ Skewer 1 cocktail wiener on each toothpick. Working in small batches, dip and roll wieners in batter until fully coated and then quickly and carefully drop them, toothpick and all, into the hot oil. Fry for 3 to 4 minutes, until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve trays of warm corn dogs with a side of ketchup, stone ground mustard, and hot sauce or a selection of your favorite condiments.
- ☐ From Tiny Food Party!: Bite-Size Recipes for Minature Meals by Teri Lyn Fisher and Jenny Park. Copyright © 2012 by Teri Lyn Fisher and Jenny Park. Published by Quirk Books.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:5.29, Inflammation Score:-2, Nutrition Score:5.9121739242388%

Nutrients (% of daily need)

Calories: 230.43kcal (11.52%), Fat: 16.75g (25.76%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.9g (4.69%), Sugar: 1.46g (1.62%), Cholesterol: 32.1mg (10.7%), Sodium: 457.59mg (19.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Selenium: 15.68µg (22.4%), Vitamin K: 14.72µg (14.02%), Vitamin B3: 2.35mg (11.77%), Vitamin B1: 0.16mg (10.5%), Vitamin B2: 0.16mg (9.59%), Phosphorus: 80.69mg (8.07%), Zinc: 1.21mg (8.07%), Iron: 1.34mg (7.47%), Folate: 26.76µg (6.69%), Vitamin B12: 0.32µg (5.28%), Vitamin E: 0.77mg (5.12%), Manganese: 0.08mg (4.01%), Vitamin B6: 0.08mg (3.86%), Vitamin B5: 0.35mg (3.54%), Potassium: 112.95mg (3.23%), Magnesium: 12.09mg (3.02%), Copper: 0.05mg (2.71%), Calcium: 22.13mg (2.21%), Vitamin A: 93.86IU (1.88%), Fiber: 0.42g (1.69%)