



Mini Corn Dogs on a Stick

READY IN



45 min.

SERVINGS



40

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz grands flaky refrigerator biscuits refrigerated canned (10 biscuits)
- 0.5 cup cornmeal
- 1 eggs beaten
- 0.8 cup catsup
- 1 tablespoon milk
- 1 tablespoon sugar
- 16 oz hot dogs (40 pieces)
- 0.8 cup mustard yellow
- 40 frangelico

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Equipment

baking sheet

oven

toothpicks

spatula

Directions

Heat oven to 400°F. Grease cookie sheet with shortening or spray with cooking spray. Insert toothpick into narrow end of each wiener. Separate dough into 10 biscuits; carefully divide each biscuit horizontally into 4 rounds. Wrap sides and top of each wiener with dough round, pinching edges to seal.

In pie plate, mix egg and milk. On a plate, mix cornmeal and sugar.

Roll each wrapped wiener in egg mixture, then roll lightly in cornmeal mixture.

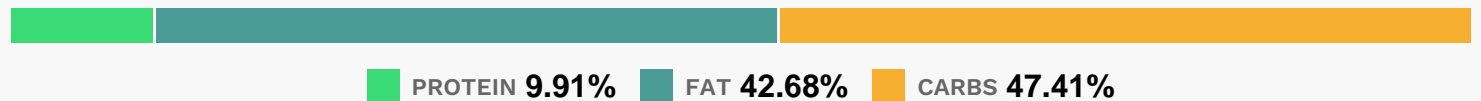
Place seam side down on cookie sheet.

Bake 10 to 12 minutes or until tops are light golden brown and bottoms are golden brown.

Remove from cookie sheet with spatula.

Serve with ketchup and mustard.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:5.08, Inflammation Score:-1, Nutrition Score:2.4043478285489%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 89.7kcal (4.49%), Fat: 4.31g (6.63%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 10.25g (3.73%), Sugar: 3.21g (3.57%), Cholesterol: 9.24mg (3.08%), Sodium: 201.54mg (8.76%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Selenium: 5.62µg (8.02%), Vitamin B1: 0.07mg (4.88%), Vitamin B2: 0.08mg (4.5%), Vitamin B3: 0.84mg (4.21%), Manganese: 0.08mg (4.2%), Iron: 0.69mg (3.83%), Folate: 14.37µg (3.59%), Phosphorus: 30.08mg (3.01%), Zinc: 0.39mg (2.57%), Vitamin E: 0.31mg (2.06%), Fiber: 0.51g (2.05%), Magnesium: 7.79mg (1.95%), Vitamin B6: 0.04mg (1.79%), Potassium: 52.17mg (1.49%), Copper: 0.03mg (1.47%), Vitamin B5: 0.13mg (1.31%), Vitamin B12: 0.07µg (1.18%), Vitamin K: 1.15µg (1.09%)