



Mini Corn Dogs with Green Chile Mustard

 Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup mustard yellow
- ☐ 4 oz chilis green drained chopped canned
- ☐ 1 serving cooking oil for deep frying
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 1 cup seltzer water
- ☐ 1 eggs
- ☐ 1 serving celery stalks with one pointed end
- ☐ 16 oz all-beef hot dog cut in half (8 hot dogs)

☐ 2 tablespoons flour all-purpose

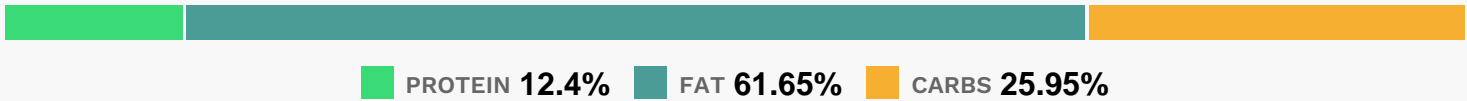
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ knife

Directions

- ☐ In small bowl, mix mustard and chiles; set aside.
- ☐ In deep fat fryer or heavy saucepan, heat 3 inches oil to 375°F. In medium bowl, stir cornbread mixes, club soda and egg. Spoon mixture into tall narrow jar or glass. Insert sticks into hot dogs, leaving about 4 inches to hold.
- ☐ Roll hot dogs in flour; dip hot dogs into cornbread mixture, rolling to cover completely. Smooth batter with knife, if necessary.
- ☐ Fry 2 to 3 corn dogs at a time in hot oil about 2 to 3 minutes or until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve corn dogs with mustard.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:4.0404347906942%

Nutrients (% of daily need)

Calories: 155.98kcal (7.8%), Fat: 10.71g (16.48%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 8.92g (3.24%), Sugar: 2.92g (3.24%), Cholesterol: 26.34mg (8.78%), Sodium: 505.49mg (21.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Phosphorus: 111.66mg (11.17%), Selenium: 7.73µg (11.05%), Vitamin B12: 0.5µg (8.28%), Vitamin B3: 1.18mg (5.9%), Vitamin B1: 0.08mg (5.51%), Iron: 0.98mg (5.44%), Zinc: 0.8mg (5.33%), Vitamin B2: 0.08mg (4.95%), Folate: 19.81µg (4.95%), Fiber: 1.23g (4.92%), Manganese: 0.08mg (4.09%), Vitamin C: 2.47mg (2.99%), Copper: 0.06mg (2.97%), Magnesium: 11.16mg (2.79%), Vitamin B6:

0.05mg (2.71%), Potassium: 74.81mg (2.14%), Calcium: 19.3mg (1.93%), Vitamin B5: 0.19mg (1.93%), Vitamin D:
0.23µg (1.5%)