



## Mini Corn Dogs with Green Chile Mustard

 Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 ounce beef hot dogs cut in half
- ☐ 4.5 ounce chiles green drained chopped old el paso® canned
- ☐ 1 cup club soda
- ☐ 13 ounce cornbread & muffin mix betty crocker®
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose gold medal®
- ☐ 16 servings oil for deep frying
- ☐ 16 servings round wooden sticks with one pointed end

☐ 0.5 cup mustard yellow

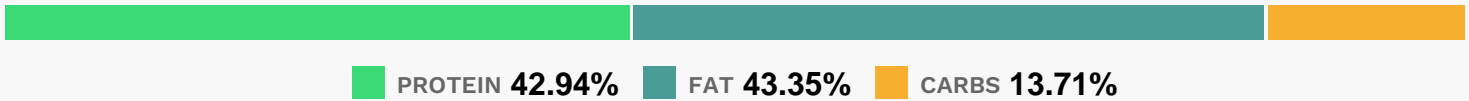
Equipment

- ☐ 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 degrees 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:6.69, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:30.510435306508%

Nutrients (% of daily need)

Calories: 543.9kcal (27.2%), Fat: 25.55g (39.3%), Saturated Fat: 8.26g (51.62%), Carbohydrates: 18.19g (6.06%), Net Carbohydrates: 16.2g (5.89%), Sugar: 5.26g (5.85%), Cholesterol: 168.95mg (56.32%), Sodium: 731.87mg (31.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.94g (113.88%), Selenium: 73.02µg (104.31%), Vitamin B3: 17.17mg (85.83%), Vitamin B12: 4.78µg (79.65%), Vitamin B6: 1.58mg (78.75%), Zinc: 10.56mg (70.41%), Phosphorus: 669.78mg (66.98%), Iron: 6.07mg (33.72%), Vitamin B2: 0.48mg (28.48%), Potassium: 884.18mg (25.26%), Vitamin B1: 0.35mg (23.11%), Vitamin B5: 1.77mg (17.75%), Magnesium: 70.45mg (17.61%), Folate: 60.36µg (15.09%), Copper:

0.3mg (14.88%), Vitamin E: 1.26mg (8.41%), Fiber: 1.99g (7.97%), Manganese: 0.15mg (7.48%), Calcium: 71.36mg (7.14%), Vitamin K: 5.99µg (5.7%), Vitamin C: 2.78mg (3.37%), Vitamin D: 0.45µg (3.01%), Vitamin A: 56.91IU (1.14%)