



Mini Corn Dogs with Sweet and Spicy Pepper Relish

READY IN



30 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package cocktail franks
- 8.5 ounce corn muffin mix
- 1 eggs
- 0.5 cup flour all-purpose
- 2 teaspoons garlic powder
- 0.8 cup catsup
- 0.8 cup milk
- 2 teaspoon onion powder

- 0.3 cup pickled peppers diced hot
- 0.3 cup pickled peppers diced sweet
- 4 servings vegetable oil for frying
- 6 inch wooden skewers
- 6 inch wooden skewers

Equipment

- bowl
- paper towels
- mixing bowl
- wooden skewers

Directions

- In a small bowl combine ketchup and pickled peppers.
- Mix well and set aside.
- In a large mixing bowl, combine egg, corn muffin mix, garlic powder, onion powder and milk. In a separate shallow dish add flour. Insert wooden skewers half way into cocktail franks.
- Heat oil to 375 degrees F in a deep-fryer. Dredge each cocktail frank in flour, dust off excess then dip into cornmeal batter. Fry 2 to 3 corn dogs at a time for about 1 to 2 minutes or until golden brown.
- Drain on paper towels.
- Serve warm with the relish.

Nutrition Facts



PROTEIN 12.18% **FAT 50.12%** **CARBS 37.7%**

Properties

Glycemic Index:43.25, Glycemic Load:9.82, Inflammation Score:-6, Nutrition Score:18.348695858665%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 774.68kcal (38.73%), Fat: 43.42g (66.81%), Saturated Fat: 14.15g (88.47%), Carbohydrates: 73.5g (24.5%), Net Carbohydrates: 68.44g (24.89%), Sugar: 26.52g (29.47%), Cholesterol: 119.61mg (39.87%), Sodium: 2086.15mg (90.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.49%), Phosphorus: 644.97mg (64.5%), Vitamin B1: 0.44mg (29.2%), Vitamin C: 23.12mg (28.02%), Vitamin B2: 0.44mg (26.04%), Folate: 98.27µg (24.57%), Iron: 4.16mg (23.12%), Zinc: 3.2mg (21.31%), Fiber: 5.06g (20.23%), Manganese: 0.4mg (20.12%), Selenium: 13.78µg (19.69%), Vitamin B3: 3.81mg (19.06%), Copper: 0.38mg (18.87%), Potassium: 563.9mg (16.11%), Vitamin B6: 0.3mg (15.1%), Magnesium: 55.05mg (13.76%), Calcium: 125.51mg (12.55%), Vitamin K: 11.78µg (11.22%), Vitamin A: 557.35IU (11.15%), Vitamin E: 1.24mg (8.28%), Vitamin B5: 0.76mg (7.65%), Vitamin B12: 0.4µg (6.65%), Vitamin D: 0.72µg (4.82%)