



Mini Hot Dogs in Cheddar Buns

READY IN



45 min.

SERVINGS



12

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups sharp cheddar cheese extra-sharp grated
- 5 large eggs
- 1.5 cups flour all-purpose
- 12 oz hot dogs
- 12 servings mustard yellow homemade
- 0.5 teaspoon salt
- 0.8 cup butter unsalted cut into 1/2-inch cubes
- 1.3 cups water

Equipment

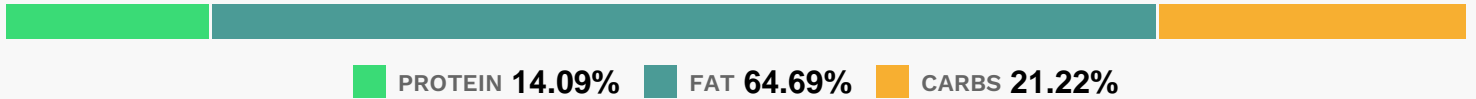
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- hand mixer
- wooden spoon
- ziploc bags
- grill pan

Directions

- Bring water, butter, and salt to a boil in a 4-quart heavy saucepan over moderate heat. Reduce heat to low and add flour all at once, then cook, beating with a wooden spoon, until mixture pulls away from side of pan, about 2 minutes.
- Transfer mixture to a bowl, then cool slightly.
- Add eggs 1 at a time, beating well with an electric mixer at medium-high speed (or beating vigorously with wooden spoon) after each addition (batter will be stiff).
- Add cheese and beat until combined.
- Put oven racks in upper and lower thirds of oven and preheat oven to 375°F. Lightly butter 2 large baking sheets.
- Snip off 1 corner of plastic bag to create a 1-inch opening and transfer cheese mixture to bag, pressing out excess air. Twist bag firmly just above filling, then pipe 18 to 20 (2 1/2- by 1- by 3/4-inch) lengths, about 2 inches apart, onto each baking sheet.
- Bake, switching position of sheets halfway through baking, until buns are puffed and pale golden, about 30 minutes total.
- Make 1 1/2-inch lengthwise slits in tops of buns with a sharp paring knife and let dry in turned-off oven 10 minutes.

- While buns dry, heat a dry well-seasoned grill pan or heavy skillet over high heat until it smokes. Reduce heat to moderate and cook frankfurters, turning, until heated through and golden brown, about 5 minutes.
- Remove buns from oven and nestle a frankfurter in each opening.
- Buns can be made (and dried) 1 day ahead and cooled completely, then kept in an airtight container at room temperature. Reheat in a preheated 375°F oven.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:10.23, Inflammation Score:-5, Nutrition Score:9.4999999195013%

Nutrients (% of daily need)

Calories: 338.3kcal (16.92%), Fat: 24.42g (37.57%), Saturated Fat: 13.07g (81.69%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 17.39g (6.32%), Sugar: 0.26g (0.29%), Cholesterol: 139.59mg (46.53%), Sodium: 501.66mg (21.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.93%), Selenium: 26.38µg (37.68%), Vitamin B2: 0.34mg (20.17%), Phosphorus: 181.25mg (18.13%), Calcium: 161.32mg (16.13%), Vitamin B1: 0.21mg (14.31%), Folate: 57.01µg (14.25%), Vitamin A: 659.31IU (13.19%), Zinc: 1.69mg (11.26%), Iron: 1.87mg (10.4%), Vitamin B3: 2.04mg (10.18%), Vitamin B12: 0.56µg (9.28%), Manganese: 0.16mg (8.12%), Vitamin B5: 0.64mg (6.44%), Vitamin D: 0.74µg (4.95%), Vitamin E: 0.72mg (4.77%), Magnesium: 17.64mg (4.41%), Copper: 0.08mg (3.79%), Vitamin B6: 0.07mg (3.67%), Potassium: 112.29mg (3.21%), Fiber: 0.64g (2.55%), Vitamin K: 1.63µg (1.55%)