



Oven Baked Corn Dogs

READY IN



24 min.

SERVINGS



4

CALORIES



1593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 jumbo all-beef hot dog
- ☐ 0.5 stick butter melted
- ☐ 1 pound cabbage salad shredded with carrots and red cabbage, available in produce department marked "cole slaw mix" in 1 pound packages
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cider vinegar
- ☐ 2 boxes corn muffin mix
- ☐ 2 teaspoons cumin
- ☐ 2 bay leaves dried

- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 large cloves garlic crushed
- ☐ 0.8 cup milk
- ☐ 2 teaspoons cayenne pepper sauce red hot
- ☐ 1 bag reduced fat potato chips recommended: Cape Cod brand or Terra brand Garlic and Onion flavor Yukon chips
- ☐ 4 servings salt and pepper
- ☐ 2 scallions finely chopped
- ☐ 4 scallions sliced
- ☐ 1 cup relish sweet
- ☐ 3 tablespoons vegetable oil

Equipment

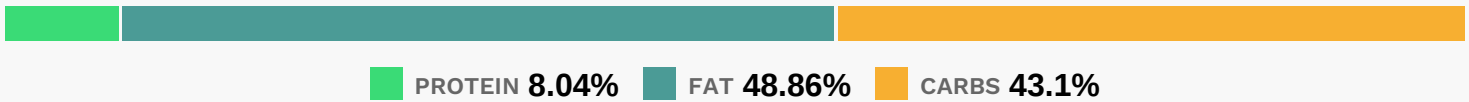
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 425 degrees F.
- ☐ In a shallow dish, combine muffin mix with flour, then stir in eggs, milk and melted butter. Season the mix with chili powder, cumin, cayenne and scallions. The batter will be a thick, sticky biscuit dough.
- ☐ Place a hot dog in the bowl of batter and swoosh it around to coat it.
- ☐ Remove coated dog to a nonstick cookie sheet and use your fingers to spread batter on any exposed dog spots. Don't coat it too thick, just shy of 1/2-inch should do the trick. If it's too thick it will just slide off the dog while it's baking, leaving the dog exposed. If that happens don't sweat it, they will still taste great. Repeat until all 8 are coated.
- ☐ Bake 12 to 15 minutes or until evenly deep brown all over.

- ☐ Serve the oven baked corn dogs with your favorite hot dog condiments.
- ☐ Serve with Sweet Relish Slaw Salad and with some baked or reduced-fat chips alongside the dogs.
- ☐ In the bottom of a medium, shallow bowl combine relish, vinegar, oil, garlic, bay and cloves.
- ☐ Let stand 5 minutes then fish out the garlic, bay and cloves.
- ☐ Add cabbage salad and toss, let stand 10 to 20 minutes in the refrigerator. Season salad with salt and pepper, toss in the scallions then serve.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:20.2, Inflammation Score:-10, Nutrition Score:49.315651976544%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 1592.66kcal (79.63%), Fat: 87.7g (134.93%), Saturated Fat: 27.42g (171.35%), Carbohydrates: 174.05g (58.02%), Net Carbohydrates: 158.79g (57.74%), Sugar: 50.62g (56.25%), Cholesterol: 170.51mg (56.84%), Sodium: 3171mg (137.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.45g (64.9%), Vitamin K: 215.57µg (205.31%), Phosphorus: 988.23mg (98.82%), Vitamin C: 58.46mg (70.86%), Vitamin B1: 1.04mg (69.32%), Manganese: 1.35mg (67.46%), Folate: 263.56µg (65.89%), Fiber: 15.26g (61.03%), Vitamin E: 8.95mg (59.67%), Vitamin B3: 11.5mg (57.49%), Selenium: 38.01µg (54.3%), Vitamin B2: 0.89mg (52.61%), Iron: 9.21mg (51.14%), Vitamin A: 2330.02IU (46.6%), Vitamin B5: 4.19mg (41.89%), Vitamin B6: 0.83mg (41.32%), Potassium: 1401.85mg (40.05%), Vitamin B12: 2.04µg (34.04%), Zinc: 4.5mg (29.99%), Magnesium: 119.76mg (29.94%), Copper: 0.55mg (27.29%), Calcium: 246.64mg (24.66%), Vitamin D: 1.48µg (9.89%)