



## Slow-Cooker Cheesy Corn Dog Casserole

 Gluten Free

READY IN



240 min.

SERVINGS



4

CALORIES



733 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 jalapeno
- 0.3 cup cornmeal
- 0.3 cup brown sugar packed
- 0.3 teaspoon onion powder
- 1 teaspoon pepper
- 0.3 cup butter salted melted
- 1.3 cups buttermilk
- 1 eggs

- 8 hot dogs chopped
- 15 oz corn sweet whole drained canned
- 6 oz sharp cheddar cheese shredded
- 2 cups frangelico

## Equipment

- bowl
- toothpicks
- broiler
- slow cooker

## Directions

- Spray 6-quart slow cooker generously with cooking spray, or grease with oil.
- Chop and seed 1 jalapeño chile, and slice and seed the other jalapeño chile into rounds. Set aside.
- In large bowl, mix Bisquick mix, cornmeal, brown sugar, onion powder and pepper.
- Add butter, buttermilk and egg. Stir until combined. Stir in hot dogs, drained corn, 1 cup of the cheese and 1 chopped jalapeño.
- Spoon into slow cooker. Cover; cook on High heat setting 3 to 4 hours or Low heat setting 5 to 6 hours or until toothpick inserted in casserole comes out clean. (I cooked mine on Low 5 1/2 hours, and it came out perfect.)
- Just before you are ready to eat, heat broiler to high.
- Add remaining cheese and sliced jalapeños to top of casserole.
- Remove ceramic bowl from slow cooker base, and place under broiler about 1 minute to melt cheese (watch closely!).

## Nutrition Facts

 PROTEIN 14.5%  FAT 54.77%  CARBS 30.73%

## Properties

Glycemic Index:67.13, Glycemic Load:10.52, Inflammation Score:-7, Nutrition Score:20.08347809833%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 732.54kcal (36.63%), Fat: 45g (69.23%), Saturated Fat: 22.27g (139.18%), Carbohydrates: 56.79g (18.93%), Net Carbohydrates: 55.52g (20.19%), Sugar: 17.64g (19.6%), Cholesterol: 162.7mg (54.23%), Sodium: 1257.24mg (54.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.61%), Selenium: 43.01µg (61.44%), Phosphorus: 442.31mg (44.23%), Calcium: 435.73mg (43.57%), Vitamin B2: 0.65mg (38.51%), Zinc: 4.45mg (29.66%), Folate: 98.78µg (24.69%), Vitamin B3: 4.64mg (23.19%), Vitamin B12: 1.39µg (23.1%), Vitamin B1: 0.32mg (21.22%), Vitamin A: 1041.98IU (20.84%), Iron: 3.11mg (17.27%), Manganese: 0.3mg (14.91%), Magnesium: 57.9mg (14.47%), Potassium: 482.82mg (13.79%), Vitamin C: 10.23mg (12.4%), Vitamin B5: 1.22mg (12.2%), Vitamin B6: 0.22mg (10.82%), Vitamin D: 1.45µg (9.67%), Copper: 0.19mg (9.25%), Vitamin E: 1.11mg (7.39%), Fiber: 1.28g (5.1%), Vitamin K: 4.41µg (4.2%)