



Tiny toads

READY IN



35 min.

SERVINGS



12

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 85 ml milk
- ☐ 1 eggs
- ☐ 50 g flour plain sifted
- ☐ 12 little wieners mini
- ☐ 12 servings tomato ketchup

Equipment

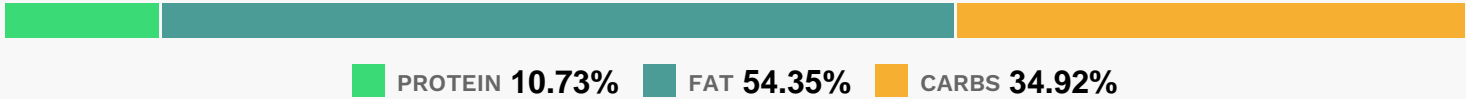
- ☐ oven

- ☐ whisk
- ☐ baking pan
- ☐ muffin tray
- ☐ immersion blender
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to fan 180C/conventional 200C/gas
- ☐ Put a generous half-teaspoonful of sunflower oil in the bottom of each cup of a deep 12-hole mini muffin pan set on a baking tray.
- ☐ Pour the milk into a jug, add the egg, flour and a pinch of salt and whisk everything together with a hand blender or wire whisk until a smooth batter forms.
- ☐ Put the muffin pan in the oven for a minute or so until the oil is very hot. Carefully remove from the oven and quickly fill the cups just under two-thirds full (this may not seem enough batter, but they puff up in the oven). Drop a sausage into each cup and bake for 20-25 minutes until golden brown, well risen and crisp.
- ☐ Serve with ketchup.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:2.43, Inflammation Score:-1, Nutrition Score:2.2278260744136%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 87.66kcal (4.38%), Fat: 5.41g (8.32%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 7.66g (2.79%), Sugar: 3.7g (4.1%), Cholesterol: 20.28mg (6.76%), Sodium: 236.1mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Vitamin E: 1.22mg (8.15%), Vitamin B2: 0.07mg (4.25%), Phosphorus: 42.12mg (4.21%), Selenium: 2.78µg (3.97%), Folate: 10.7µg (2.67%), Vitamin B1: 0.04mg (2.66%), Vitamin B3: 0.47mg (2.35%), Iron: 0.42mg (2.31%), Potassium: 78.2mg (2.23%), Manganese: 0.04mg (2.23%), Vitamin A: 108.58IU (2.17%), Zinc: 0.31mg (2.06%), Copper: 0.04mg (1.97%), Vitamin B6: 0.04mg (1.81%),

Calcium: 14.9mg (1.49%), Magnesium: 5.71mg (1.43%), Vitamin B12: 0.07µg (1.2%), Vitamin B5: 0.11mg (1.09%),
Vitamin D: 0.15µg (1.02%)