



Twice-Baked Corn Dogs

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 regular corn
- 0.5 cup potatoes leftover mashed
- 0.3 cup cheddar cheese shredded

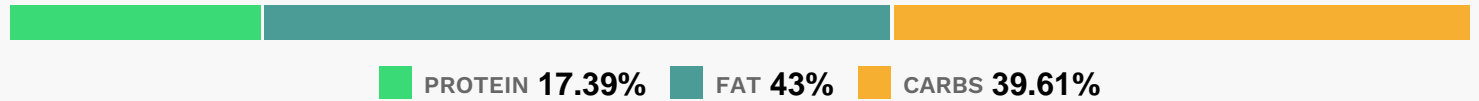
Equipment

- bowl
- oven

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Bake the corn dogs according to package directions.
- When corn dogs are cool enough to handle, remove the sticks, and split in half lengthwise.
- Remove the hot dog part, leaving the cornbread shell intact. Chop the hot dogs into small pieces, and place in a medium bowl.
- Mix in the mashed potatoes. Fill each corn shell with an equal amount of the potato mixture.
- Sprinkle cheese over the top.
- Return to the oven, and bake until cheese is melted, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:2.37, Inflammation Score:-1, Nutrition Score:1.4847826050675%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 33.65kcal (1.68%), Fat: 1.63g (2.51%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.97g (1.08%), Sugar: 0.2g (0.22%), Cholesterol: 4.71mg (1.57%), Sodium: 31.85mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin C: 3.5mg (4.25%), Calcium: 35.42mg (3.54%), Phosphorus: 32.31mg (3.23%), Vitamin B6: 0.06mg (2.81%), Potassium: 79.48mg (2.27%), Selenium: 1.39µg (1.98%), Fiber: 0.41g (1.64%), Vitamin B2: 0.03mg (1.58%), Zinc: 0.23mg (1.53%), Manganese: 0.03mg (1.45%), Magnesium: 5.56mg (1.39%), Vitamin B1: 0.02mg (1.09%), Copper: 0.02mg (1.05%), Vitamin B3: 0.2mg (1.02%)