



Veggie Corn Dogs

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 grands flaky refrigerator biscuits refrigerated
- 4 vegetarian hot dogs

Equipment

- oven

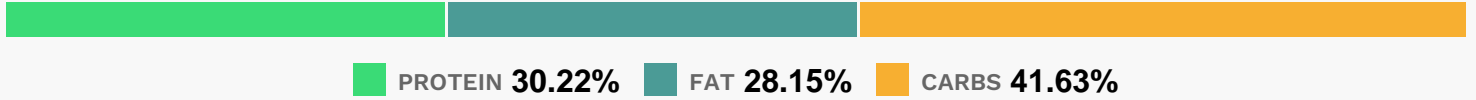
Directions

- Preheat oven to 400 degrees F (200 degrees C).

Wrap a biscuit around each hot dog, pinching the dough at the end to seal.

Bake until golden brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:4, Inflammation Score:-1, Nutrition Score:1.4721739298624%

Nutrients (% of daily need)

Calories: 101.4kcal (5.07%), Fat: 3.12g (4.8%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 9.25g (3.36%), Sugar: 4.16g (4.62%), Cholesterol: 0mg (0%), Sodium: 465.3mg (20.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.07%), Iron: 2.3mg (12.77%), Fiber: 1.13g (4.52%), Vitamin B1: 0.04mg (2.35%), Manganese: 0.04mg (2.14%), Folate: 8.1µg (2.03%), Vitamin B2: 0.03mg (1.85%), Vitamin B3: 0.33mg (1.64%), Vitamin E: 0.24mg (1.63%), Vitamin K: 1.1µg (1.05%)