

The Hairy Bikers' corn dogs

Yield: 10 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-focaccia-recipe-hairy-bikers>

Ingredients:

- 1 1/4 cups cornmeal fine
- 5/8 cup self raising flour plus 1 tbsp
- 2 teaspoons caster sugar
- 1 teaspoon baking powder
- 1 teaspoon hot chilli powder
- 1/2 teaspoon fine sea salt
- 1 large egg beaten
- 1 cup buttermilk
- 1 tablespoon milk
- 10 frankfurters drained if canned
- 2 9/16 cups sunflower oil for frying
- 1 cup mustard or ketchup to serve

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 45 milligrams
4. Fat: 71 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 11 grams
8. Sodium: 960 milligrams
9. Sugar: 4 grams

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