



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Turkey Corn Dog · ·

A delicious and kid-friendly recipe for turkey corn dogs. These corn dogs are made with turkey sausage and a cornmeal batter, making them a healthier alternative to traditional corn dogs. They are perfect for lunch or dinner and are sure to be a hit with kids!

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

<b>300 g</b>	Turkey Sausage
<b>200 g</b>	Cornmeal
<b>100 g</b>	All-Purpose Flour
<b>2 tsp</b>	baking powder
<b>1 tsp</b>	Salt

1 tbsp	Sugar
1 units	Egg
250 ml	Milk
2 tbsp	Vegetable Oil

## Directions

### Step 1

Mixing

In a large bowl, combine cornmeal, flour, baking powder, salt, and sugar.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Mixing

In a separate bowl, whisk together egg, milk, and vegetable oil.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

Mixing

Pour the wet ingredients into the dry ingredients and mix until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

Frying

Heat vegetable oil in a deep frying pan or pot over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 5

Preparation

Insert wooden skewers into the turkey sausages.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 6

Coating

Dip each turkey sausage into the cornmeal batter, coating it evenly.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 7

Frying

Carefully place the coated turkey sausages into the hot oil and fry until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 8

Draining

Remove the corn dogs from the oil and drain on a paper towel-lined plate.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 9

Serving

Serve the turkey corn dogs hot with ketchup or mustard.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 250 kcal

**Fat: 10 g**

**Protein: 10 g**

**Carbohydrates: 30 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	8 mg	615.38%	615.38%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Course

Appetizers

Main Dishes

Side Dishes

Desserts

Salads

Snacks

### Cultural

Chinese New Year

### Demographics

Senior Friendly

**Difficulty Level**

Medium

Visit our website: [healthdor.com](https://healthdor.com)