



Buñuelos de Fríjol de Cabecita Negra (Black-eyed Pea Fritters)



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups black-eyed peas
- ☐ 12 servings canola oil for frying
- ☐ 2 tablespoon cornstarch
- ☐ 1 large eggs beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 12 servings salt and pepper
- ☐ 2 tablespoons sugar

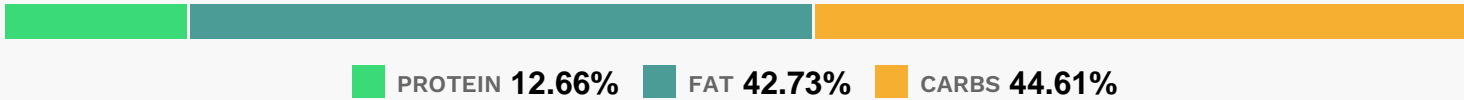
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Drain and rinse the black-eyed peas.
- ☐ Place in the food processor and process for 30 seconds. (This will help the bean separate from the husks).
- ☐ Place the crushed beans in a bowl with water and mix well.
- ☐ Drain and take off all the husk and discard. Save the white beans and set aside.Return the peeled beans to a clean food processor and add the eggs, cornstarch, salt, pepper, sugar and garlic powder. Process until paste is formed.In a frying pan, heat the oil over medium-high heat to 350°. Drop bean batter very gently into oil by the tablespoonful, 5-6 at a time, being careful not to overfill the pan. Turn the fritters with a slotted spoon until they are puffed up and golden, about 1-2 minutes.
- ☐ Remove fritters from oil and drain on paper towels.
- ☐ Serve with lime and salsa rosada(pink sauce) on the side.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:2.66, Inflammation Score:-2, Nutrition Score:2.6386956488309%

Nutrients (% of daily need)

Calories: 68.84kcal (3.44%), Fat: 3.32g (5.1%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 6.37g (2.32%), Sugar: 2.72g (3.03%), Cholesterol: 15.5mg (5.17%), Sodium: 200.78mg (8.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Folate: 46.74µg (11.68%), Fiber: 1.42g (5.68%),

Manganese: 0.11mg (5.29%), Phosphorus: 42.48mg (4.25%), Vitamin E: 0.59mg (3.97%), Iron: 0.63mg (3.49%),
Copper: 0.06mg (3.11%), Vitamin B1: 0.05mg (3.04%), Magnesium: 12.04mg (3.01%), Selenium: 1.9µg (2.71%),
Vitamin K: 2.37µg (2.26%), Zinc: 0.34mg (2.24%), Potassium: 67.13mg (1.92%), Vitamin B2: 0.03mg (1.85%), Vitamin
B5: 0.15mg (1.53%), Vitamin B6: 0.03mg (1.53%)