



Cheesy Corn Puffs

READY IN



70 min.

SERVINGS



24

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup regular corn cream-style canned
- 3 large eggs
- 1.8 cups flour all-purpose
- 1 tablespoon chives fresh chopped
- 0.5 cup pepper jack cheese shredded plus more for topping
- 1 teaspoon salt
- 4 tablespoons butter unsalted

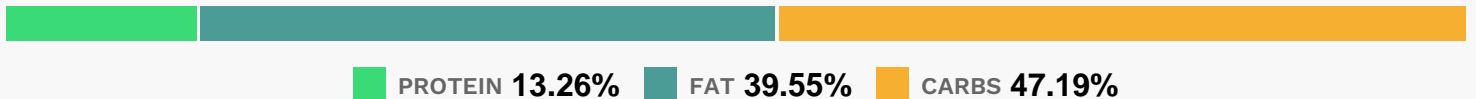
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- wooden spoon

Directions

- Preheat the oven to 400 degrees F. Line 2 baking sheets with parchment paper. Bring the corn, butter and salt to a simmer in a medium saucepan over medium heat. Reduce the heat to low, add the flour and stir with a wooden spoon until the mixture is smooth and begins to pull away from the sides of the pan, about 2 minutes.
- Scrape the dough into a bowl; let cool slightly.
- Add the eggs one at a time, stirring well between each addition. Stir in the cheese and chives. Chill the dough 15 minutes.
- Scoop tablespoon-size mounds of dough onto the prepared baking sheets, about 2 inches apart.
- Sprinkle with more cheese.
- Transfer to the oven and bake until golden brown and puffy, 20 to 25 minutes.
- Serve warm.
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:5.04, Inflammation Score:-1, Nutrition Score:2.4982608634493%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 75.34kcal (3.77%), Fat: 3.34g (5.13%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.58g (3.12%), Sugar: 0.41g (0.45%), Cholesterol: 30.36mg (10.12%), Sodium: 148.18mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Selenium: 5.42µg (7.74%), Folate: 24.83µg (6.21%), Vitamin B2: 0.09mg (5.26%), Vitamin B1: 0.08mg (5.15%), Phosphorus: 38.74mg (3.87%), Manganese: 0.07mg (3.61%), Iron: 0.59mg (3.29%), Vitamin B3: 0.65mg (3.25%), Vitamin A: 123.5IU (2.47%), Calcium: 23.48mg (2.35%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.16mg (1.63%), Fiber: 0.38g (1.51%), Magnesium: 5.31mg (1.33%), Vitamin B12: 0.08µg (1.32%), Copper: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.17%), Vitamin D: 0.17µg (1.16%), Potassium: 35.53mg (1.02%)