



Corn Fritters with Roasted Tomatoes and Lime Aioli

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups arugula loosely packed
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 eggs beaten
- ☐ 0.3 cup milk fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups corn kernels fresh (3 ears)
- ☐ 0.5 garlic clove minced

- ☐ 0.3 cup green onions finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 2 teaspoons olive oil divided
- ☐ 1 ounce pancetta
- ☐ 0.3 teaspoon salt
- ☐ 1 pound tomatoes ripe halved
- ☐ 1 teaspoon water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

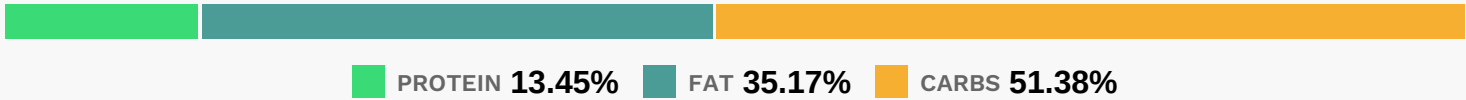
Directions

- ☐ Preheat oven to 37
- ☐ Arrange tomato halves, cut side up, on a baking sheet.
- ☐ Drizzle tomatoes with 1 teaspoon oil; sprinkle with 1/4 teaspoon pepper.
- ☐ Bake at 375 for 1 hour and 30 minutes or until tomatoes are soft and have lost a lot of their moisture.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and baking powder in a medium bowl.
- ☐ Add milk and egg; stir until smooth. Stir in remaining 1/4 teaspoon pepper, corn, green onions, and salt.
- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat. Drop batter by level tablespoonfuls into pan to make 6 fritters; cook 2 minutes or until tops are covered with bubbles and edges are golden. Carefully turn fritters over; cook 2 minutes or until golden.

Repeat procedure with remaining 1/2 teaspoon oil and remaining batter.

- ☐
- Combine mayonnaise, juice, garlic, and water.
- ☐
- Place 1 fritter on each of 4 plates. Top each with 1 tomato half and 1/2 cup arugula. Repeat layers with remaining fritters, tomato halves, and arugula, ending with fritters. Top each serving with 1 prosciutto slice; drizzle with 4 teaspoons aioli.

Nutrition Facts



Properties

Glycemic Index:91.06, Glycemic Load:10.69, Inflammation Score:-9, Nutrition Score:16.276956558228%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 230.2kcal (11.51%), Fat: 9.48g (14.59%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 27.66g (10.06%), Sugar: 8.61g (9.57%), Cholesterol: 47.89mg (15.96%), Sodium: 430.33mg (18.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Vitamin K: 55.55µg (52.91%), Vitamin A: 1720.14IU (34.4%), Vitamin C: 26.17mg (31.72%), Folate: 99.98µg (24.99%), Manganese: 0.45mg (22.36%), Vitamin B1: 0.3mg (20.09%), Phosphorus: 185.3mg (18.53%), Potassium: 609.5mg (17.41%), Selenium: 11.29µg (16.13%), Vitamin B3: 3mg (14.99%), Calcium: 148.61mg (14.86%), Fiber: 3.51g (14.04%), Vitamin B2: 0.24mg (13.96%), Magnesium: 53.33mg (13.33%), Iron: 2.13mg (11.81%), Vitamin B6: 0.23mg (11.28%), Vitamin E: 1.47mg (9.83%), Vitamin B5: 0.95mg (9.55%), Copper: 0.16mg (8.05%), Zinc: 1.02mg (6.78%), Vitamin B12: 0.25µg (4.2%), Vitamin D: 0.47µg (3.15%)