



Corn Fritters with Salsa

 Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 servings accompaniment: cream sour
- ☐ 2 ears corn
- ☐ 1 large eggs
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoons pickled jalapeño chiles chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup milk

- ☐ 2 plum tomatoes coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup onion white chopped
- ☐ 0.3 cup cornmeal yellow

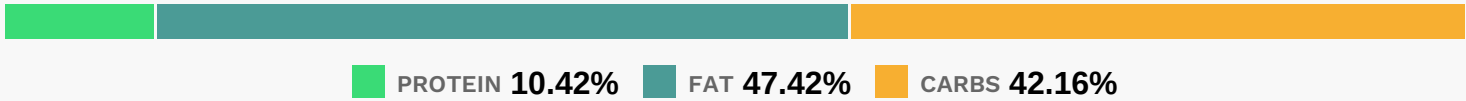
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Stir together all salsa ingredients and season with salt.
- ☐ Cut corn kernels from ears and scrape cobs to extract juice, then discard cobs.
- ☐ Whisk together egg and milk until smooth and stir in cornmeal, flour, and salt. Stir in corn, including juice.
- ☐ Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then drop in 2 tablespoons batter each for 4 fritters. Fry until lightly browned, about 2 minutes per side, and drain on paper towels. Make more fritters in same manner, adding oil as necessary.
- ☐ Serve fritters with salsa.

Nutrition Facts



Properties

Glycemic Index:155.25, Glycemic Load:19.06, Inflammation Score:-8, Nutrition Score:19.231304293093%

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: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg,

Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 482.83kcal (24.14%), Fat: 26.4g (40.61%), Saturated Fat: 8.06g (50.38%), Carbohydrates: 52.79g (17.6%), Net Carbohydrates: 46.8g (17.02%), Sugar: 12.74g (14.15%), Cholesterol: 117.27mg (39.09%), Sodium: 372.89mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.09%), Vitamin C: 27.93mg (33.85%), Vitamin K: 33.78µg (32.17%), Phosphorus: 295.47mg (29.55%), Vitamin B1: 0.38mg (25.34%), Manganese: 0.51mg (25.31%), Vitamin A: 1251.21IU (25.02%), Fiber: 5.99g (23.97%), Folate: 93.71µg (23.43%), Vitamin B6: 0.45mg (22.28%), Vitamin B2: 0.37mg (21.95%), Magnesium: 86.41mg (21.6%), Selenium: 14.77µg (21.1%), Potassium: 694mg (19.83%), Vitamin B3: 3.4mg (17.02%), Vitamin B5: 1.62mg (16.16%), Vitamin E: 2.35mg (15.64%), Zinc: 2.08mg (13.86%), Iron: 2.41mg (13.38%), Calcium: 118.46mg (11.85%), Copper: 0.2mg (10%), Vitamin B12: 0.58µg (9.6%), Vitamin D: 1.41µg (9.41%)