



Corn Fritters with Spicy Zucchini Salsa



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1.5 cups cherry tomatoes halved lengthwise
- ☐ 0.5 cup cilantro leaves divided chopped
- ☐ 2 cups corn kernels frozen thawed (if)
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 3 large cloves garlic finely chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 jalapeno diced seeded
- ☐ 2 tablespoons juice of lime fresh divided
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion diced red divided
- ☐ 0.5 teaspoon sea salt divided
- ☐ 1.5 cups zucchini diced

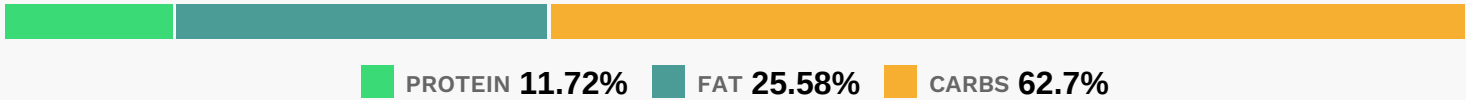
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. In a bowl,combine tomatoes, zucchini,1/2 onion, garlic, jalapeño,1/4 teaspoon salt and oil; toss to coat.
- ☐ Spread on a baking sheetcoated with cooking spray;roast, turning once, untiltomatoes and zucchini are lightbrown, 20 to 25 minutes.Toss with 1/4 cup cilantro and1 tablespoon juice; set aside. In asecond bowl, combine flour,cumin, baking powder andremaining 1/4 teaspoon salt.
- ☐ Addegg, remaining 1 tablespoon juice and1/2 cup water; stir until smooth.
- ☐ Add corn and remaining1/2 onion and 1/4 cup cilantro.Coat a large frying pan withcooking spray and heat overmedium-high heat. Form 1/4 cupcorn mixture into a patty;repeat with remaining cornmixture to form 12 patties.Working in batches of 3 andcoating pan with cooking sprayas needed, cook patties, turningonce, until brown, 5 to 8 minutesper side. Divide pattiesand salsa among 4 plates.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:18.29, Inflammation Score:-7, Nutrition Score:14.346521735191%

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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 267.57kcal (13.38%), Fat: 7.94g (12.21%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 43.76g (14.59%), Net Carbohydrates: 39.7g (14.44%), Sugar: 7.8g (8.67%), Cholesterol: 40.92mg (13.64%), Sodium: 514.58mg (22.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Vitamin C: 32.07mg (38.88%), Folate: 119.37µg (29.84%), Manganese: 0.55mg (27.31%), Vitamin B1: 0.34mg (22.96%), Selenium: 15.35µg (21.92%), Vitamin B2: 0.35mg (20.66%), Vitamin B3: 3.32mg (16.58%), Fiber: 4.07g (16.26%), Iron: 2.79mg (15.49%), Phosphorus: 147.63mg (14.76%), Potassium: 481.71mg (13.76%), Vitamin B6: 0.27mg (13.26%), Vitamin K: 13.91µg (13.24%), Vitamin A: 642.9IU (12.86%), Vitamin E: 1.54mg (10.27%), Magnesium: 38.2mg (9.55%), Copper: 0.17mg (8.73%), Vitamin B5: 0.84mg (8.42%), Zinc: 0.96mg (6.38%), Calcium: 57.35mg (5.74%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)