



Corn Sticks (Sorullos de Maiz)

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

411 kcal

SIDE DISH

Ingredients

- ☐ 4 slices processed cheese food cut in half
- ☐ 1.5 cups cornmeal
- ☐ 1.3 teaspoons salt
- ☐ 1 quart vegetable oil for frying
- ☐ 1 cup water boiling
- ☐ 0.5 cup sugar white

Equipment

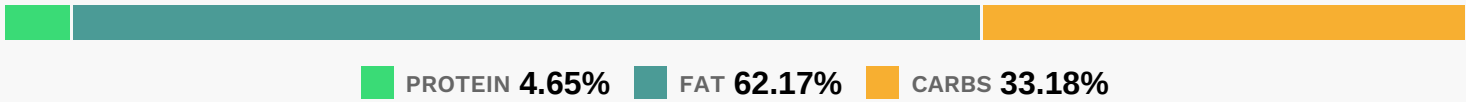
- ☐ frying pan

- ☐ paper towels
- ☐ mixing bowl

Directions

- ☐ Stir the cornmeal, sugar, salt, and water together in a mixing bowl until a dough has formed. Set aside to cool for 10 minutes. Once cool enough to handle, place a spoonful of dough into the palm of your hand; make a depression in the center. Fold a half slice of American cheese into a wad and place into the hole. Spoon some more dough overtop; roll the corn stick into a sausage shape, making sure that the cheese is not exposed. Repeat with the remaining dough and cheese.
- ☐ Heat oil in a large skillet to 375 degrees F (190 degrees C).
- ☐ Cook the corn sticks in the hot oil until they turn golden brown and float to the top of the oil, about 4 minutes per side.
- ☐ Drain on a paper towel-lined plate before serving.

Nutrition Facts



Properties

Glycemic Index:20.7, Glycemic Load:21.8, Inflammation Score:-4, Nutrition Score:7.3404347546723%

Nutrients (% of daily need)

Calories: 410.7kcal (20.54%), Fat: 28.79g (44.29%), Saturated Fat: 5.82g (36.34%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 31.77g (11.55%), Sugar: 13.18g (14.64%), Cholesterol: 10.5mg (3.5%), Sodium: 541.61mg (23.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin K: 43.84µg (41.75%), Vitamin E: 2.13mg (14.2%), Phosphorus: 134.38mg (13.44%), Calcium: 112.75mg (11.28%), Fiber: 2.8g (11.21%), Manganese: 0.2mg (9.84%), Vitamin B6: 0.18mg (9.08%), Magnesium: 34.93mg (8.73%), Zinc: 1.19mg (7.94%), Vitamin B1: 0.09mg (6.07%), Selenium: 3.99µg (5.69%), Iron: 0.97mg (5.4%), Copper: 0.08mg (4.14%), Vitamin B3: 0.74mg (3.72%), Vitamin B2: 0.05mg (3.22%), Potassium: 110.18mg (3.15%), Folate: 10.98µg (2.74%), Vitamin B12: 0.16µg (2.63%), Vitamin B5: 0.22mg (2.2%), Vitamin A: 99.22IU (1.98%)