



Couscous Fritters with Fresh Corn and Tomato Salsa

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.7 cup broth
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon chili powder
- ☐ 0.5 cup couscous
- ☐ 2 ears corn sweet cooked
- ☐ 1 eggs lightly beaten
- ☐ 1.5 tablespoons cilantro leaves fresh finely chopped
- ☐ 0.8 teaspoon ground cumin

- ☐ 1 tablespoon catsup
- ☐ 1 teaspoon juice of lime fresh
- ☐ 2 tablespoons onion diced finely
- ☐ 8 ounces pork sausage
- ☐ 0.8 teaspoon salt
- ☐ 2 large tomatoes diced ripe peeled seeded drained finely
- ☐ 4 servings vegetable oil for frying

Equipment

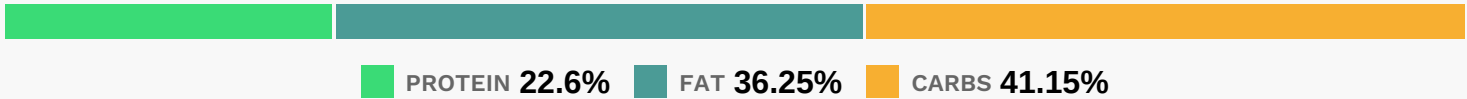
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ In a medium bowl, combine the tomatoes, corn, half of the cilantro, the onion, lime juice, 1/4 teaspoon of the cumin, the ketchup, and salt. Set aside.
- ☐ Prepare the fritters: In a medium saucepan over medium-high heat, combine the broth, chili powder, butter, and remaining salt. Bring to a boil.
- ☐ Add the couscous in a stream. Stir once. Cover and remove from the heat. Set aside until the couscous is tender, 12 to 15 minutes.
- ☐ Transfer to a medium bowl and combine with the egg.
- ☐ Preheat the oven to 200 degrees F. In a medium skillet over medium-high heat, pour vegetable oil to a depth of 1/2 inch.
- ☐ Heat until a pinch of couscous sizzles instantly.
- ☐ Place the couscous mixture, in 1/3 cup increments, into the skillet. With a spatula, flatten into croquettes 3 to 3 1/2 inches in diameter. Fry until golden brown, 6 to 8 minutes on each side.
- ☐ Transfer to a plate with paper towels to drain. Keep warm in the oven.

- ☐
- In another medium skillet over medium heat, cook the sausage, breaking it up with a fork, until thoroughly cooked, 6 to 8 minutes. With the spatula, transfer the meat to plate lined with paper towels to drain. Set aside.
- ☐
- Spoon some of the salsa onto 4 individual dinner plates. Set a fritter in the center of each plate. Top with equal portions of sausage and additional salsa.
- ☐
- Garnish with the remaining cilantro leaves and serve.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:11.45, Inflammation Score:-8, Nutrition Score:13.773913041405%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 300.76kcal (15.04%), Fat: 12.36g (19.01%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 28.18g (10.25%), Sugar: 6.66g (7.4%), Cholesterol: 90.97mg (30.32%), Sodium: 1023.64mg (44.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.68%), Vitamin A: 1298.09IU (25.96%), Vitamin B3: 4.85mg (24.24%), Phosphorus: 227.67mg (22.77%), Vitamin C: 17.8mg (21.58%), Vitamin B6: 0.43mg (21.32%), Manganese: 0.39mg (19.7%), Zinc: 2.48mg (16.52%), Potassium: 574.27mg (16.41%), Vitamin B2: 0.26mg (15.12%), Vitamin B5: 1.44mg (14.38%), Vitamin B12: 0.84µg (14.02%), Fiber: 3.39g (13.57%), Vitamin K: 13.9µg (13.24%), Vitamin B1: 0.19mg (12.91%), Magnesium: 51.59mg (12.9%), Folate: 46.67µg (11.67%), Iron: 1.94mg (10.76%), Copper: 0.2mg (10.12%), Vitamin E: 1.29mg (8.59%), Selenium: 3.86µg (5.51%), Calcium: 40.36mg (4.04%), Vitamin D: 0.22µg (1.47%)