



Deep Fried Corn Meal Sticks (Sorullitos de Maiz) with Dipping Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



12

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup catsup
- ☐ 0.5 cup mayonnaise to taste
- ☐ 1 teaspoon salt
- ☐ 12 servings vegetable oil
- ☐ 2 cups water
- ☐ 3 tablespoons sugar white to taste

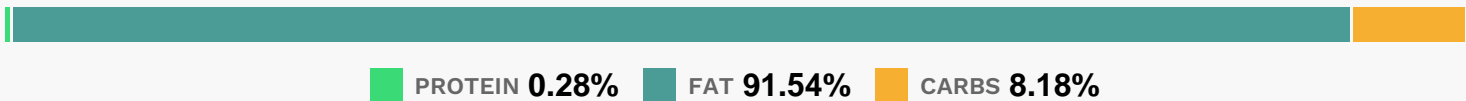
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring water to a boil in a saucepan and stir in sugar, butter, and salt until sugar has dissolved. Turn heat to low and whisk in 1 cup of cornmeal until smooth. Stir in remaining 1/2 cup cornmeal to make a very thick, workable dough.
- ☐ Heat 3 cups vegetable oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Grease your hands well with 2 teaspoons of oil and scoop about 3 tablespoons of cornmeal dough; roll the dough into a ball, then shape into a 3-inch long stick about 1/2 inch wide. Repeat with remaining dough, oiling your hands as needed. Deep-fry the cornmeal sticks until golden brown, working in batches of 3 or 4 at a time.
- ☐ Drain fried cornmeal sticks on paper towels and keep warm.
- ☐ Mix mayonnaise, ketchup, and garlic salt in a bowl until well combined; serve cornmeal sticks with the sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:2.12, Inflammation Score:-1, Nutrition Score:2.4613043346807%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 212.19kcal (10.61%), Fat: 21.94g (33.76%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 4.4g (1.6%), Sugar: 4.11g (4.57%), Cholesterol: 6.43mg (2.14%), Sodium: 307.91mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin K: 41.19µg (39.23%), Vitamin E: 1.55mg (10.34%), Vitamin A: 60.87IU (1.22%)