



Green Chile Corn Fritters

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 serving vegetable oil
- 1 cup water cold
- 2 eggs
- 30.5 ounces corn whole drained canned
- 4 oz chilis green drained chopped well canned
- 1 serving salsa
- 4 cups frangelico

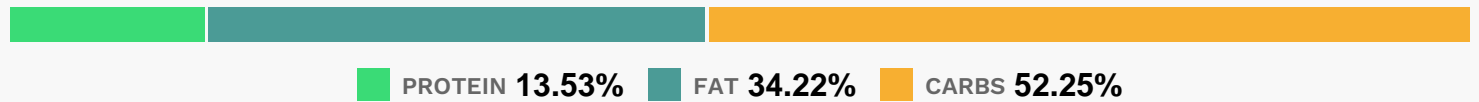
Equipment

- bowl
- paper towels
- deep fryer

Directions

- Heat oil (2 to 3 inches) in deep fryer to 375°F.
- Stir Bisquick mix, cold water and eggs in large bowl with spoon until smooth. Stir in corn and chilies.
- Drop batter by small spoonfuls into hot oil. Turn and fry until evenly golden brown.
- Drain on paper towels.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.9486956389054%

Nutrients (% of daily need)

Calories: 230.64kcal (11.53%), Fat: 8.78g (13.5%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 29.52g (10.73%), Sugar: 0.39g (0.43%), Cholesterol: 81.84mg (27.28%), Sodium: 551.57mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.61%), Folate: 88.66µg (22.16%), Vitamin C: 13.52mg (16.39%), Phosphorus: 137.87mg (13.79%), Selenium: 6.91µg (9.87%), Vitamin B3: 1.97mg (9.85%), Potassium: 333.79mg (9.54%), Vitamin B2: 0.14mg (8.47%), Magnesium: 29.34mg (7.34%), Iron: 1.27mg (7.07%), Manganese: 0.14mg (6.81%), Vitamin K: 6.84µg (6.51%), Zinc: 0.94mg (6.24%), Copper: 0.1mg (4.88%), Vitamin B6: 0.09mg (4.27%), Vitamin E: 0.61mg (4.1%), Vitamin A: 192.92IU (3.86%), Vitamin B5: 0.38mg (3.77%), Vitamin B12: 0.2µg (3.26%), Vitamin B1: 0.05mg (3.12%), Calcium: 30.86mg (3.09%), Vitamin D: 0.44µg (2.93%), Fiber: 0.63g (2.5%)