



Green Chile Corn Fritters

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 9 ounces chilis green drained chopped well canned
- 2 eggs
- 4 servings salsa (any variety)
- 4 servings vegetable oil
- 1 cup water cold
- 30.5 ounces corn whole drained canned
- 4 cups frangelico
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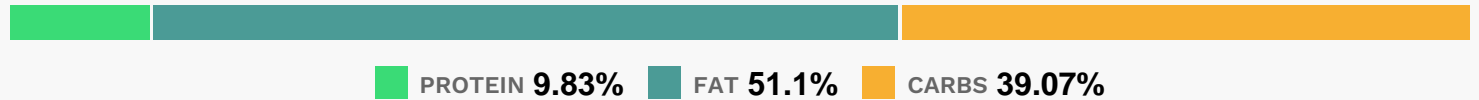
Equipment

- bowl
- paper towels
- deep fryer

Directions

- Heat oil (2 to 3 inches) in deep fryer to 375F.
- 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:-5, Nutrition Score:10.321304383485%

Nutrients (% of daily need)

Calories: 337.86kcal (16.89%), Fat: 19.42g (29.87%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 31.73g (11.54%), Sugar: 1.3g (1.45%), Cholesterol: 81.84mg (27.28%), Sodium: 849.7mg (36.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.81%), Vitamin C: 26.1mg (31.63%), Folate: 108.75µg (27.19%), Vitamin K: 27.16µg (25.86%), Phosphorus: 149.44mg (14.94%), Potassium: 435.75mg (12.45%), Vitamin B3: 2.46mg (12.3%), Vitamin E: 1.77mg (11.78%), Selenium: 7.23µg (10.33%), Iron: 1.85mg (10.26%), Vitamin B2: 0.16mg (9.55%), Magnesium: 34.36mg (8.59%), Vitamin B6: 0.17mg (8.51%), Manganese: 0.16mg (8.17%), Vitamin A: 352.77IU (7.06%), Zinc: 1.02mg (6.78%), Fiber: 1.66g (6.64%), Copper: 0.11mg (5.66%), Calcium: 50.34mg (5.03%), Vitamin B5: 0.46mg (4.55%), Vitamin B1: 0.06mg (3.92%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)