



Green Chile Corn Fritters



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



842 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounces chilis green drained chopped well old el paso® canned
- ☐ 30.5 ounces corn whole green drained giant® canned
- ☐ 2 eggs
- ☐ 4 servings vegetable oil
- ☐ 1 cup water cold
- ☐ 4 cups baking mix original bisquick®

Equipment

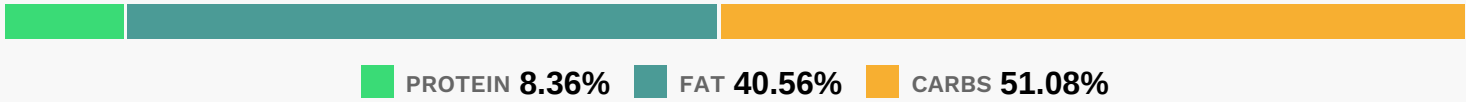
- ☐ bowl

- ☐ 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:-7, Nutrition Score:24.554347981577%

Nutrients (% of daily need)

Calories: 842.18kcal (42.11%), Fat: 37.84g (58.21%), Saturated Fat: 8.07g (50.46%), Carbohydrates: 107.2g (35.73%), Net Carbohydrates: 103.59g (37.67%), Sugar: 14.06g (15.62%), Cholesterol: 84.24mg (28.08%), Sodium: 2170.98mg (94.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.09%), Phosphorus: 841.2mg (84.12%), Folate: 257.47µg (64.37%), Vitamin B1: 0.74mg (49.17%), Vitamin B2: 0.68mg (39.79%), Vitamin B3: 7.55mg (37.76%), Vitamin K: 33.61µg (32.01%), Vitamin C: 25.85mg (31.33%), Iron: 5.04mg (27.98%), Manganese: 0.54mg (26.76%), Calcium: 256.18mg (25.62%), Selenium: 15.95µg (22.78%), Potassium: 548.79mg (15.68%), Magnesium: 59.56mg (14.89%), Vitamin B5: 1.45mg (14.52%), Fiber: 3.6g (14.42%), Copper: 0.28mg (13.86%), Zinc: 1.67mg (11.15%), Vitamin B12: 0.66µg (11.06%), Vitamin B6: 0.21mg (10.26%), Vitamin E: 1.53mg (10.21%), Vitamin A: 203.97IU (4.08%), Vitamin D: 0.44µg (2.93%)