



Green-Chile Cornsticks

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 8 ounce whole-kernel corn can) canned drained
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup skim milk
- ☐ 0.3 cup sugar

- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup cornmeal yellow

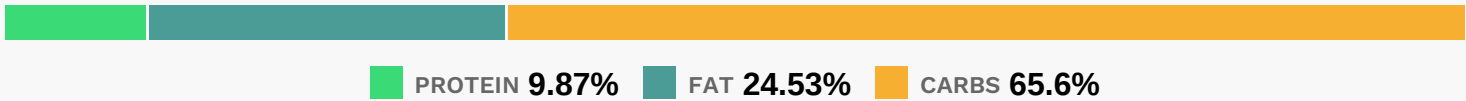
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a bowl; make a well in center of mixture.
- ☐ Combine milk, oil, and egg; stir well.
- ☐ Add to dry ingredients, stirring just until moist. Fold in corn and green chiles.
- ☐ Coat cast-iron cornstick pans heavily with cooking spray; place in a 400 oven for 10 minutes. Spoon batter evenly into pans.
- ☐ Bake at 400 for 20 minutes or until lightly browned.
- ☐ Remove cornsticks from pans immediately; serve warm.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:10.23, Inflammation Score:-2, Nutrition Score:3.8378261016763%

Nutrients (% of daily need)

Calories: 109.54kcal (5.48%), Fat: 3.05g (4.69%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 16.9g (6.15%), Sugar: 5.04g (5.59%), Cholesterol: 12.04mg (4.01%), Sodium: 222.77mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Folate: 27.78µg (6.94%), Phosphorus: 66.08mg (6.61%), Vitamin B1: 0.09mg (6.19%), Manganese: 0.12mg (6.02%), Selenium: 4.13µg (5.9%), Fiber: 1.46g (5.85%), Calcium: 56.11mg (5.61%), Vitamin B2: 0.09mg (5.2%), Iron: 0.85mg (4.73%), Vitamin B3: 0.84mg (4.21%), Vitamin B6: 0.08mg (4.11%), Vitamin C: 3.38mg (4.09%), Magnesium: 14.99mg (3.75%), Vitamin K: 3.62µg (3.45%), Zinc: 0.46mg (3.1%), Potassium: 90.3mg (2.58%), Vitamin B5: 0.23mg (2.35%), Copper: 0.04mg (1.92%), Vitamin E: 0.24mg (1.61%), Vitamin B12: 0.1µg (1.59%), Vitamin D: 0.19µg (1.27%), Vitamin A: 59.54IU (1.19%)