



WHATSheATE



Jalapeno Popper Corn Fritters



Gluten Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cheddar cheese grated
- ☐ 1 handful cilantro leaves chopped
- ☐ 2 slices bacon crumbled cooked
- ☐ 1 teaspoon coriander toasted
- ☐ 2 cups regular corn (- 4 ears)
- ☐ 0.3 cup cream cheese room temperature
- ☐ 1 eggs
- ☐ 0.5 cup flour (or corn flour, or rice flour, etc)

- ☐ 2 green onions sliced
- ☐ 1 lime zest
- ☐ 2 tablespoons oil
- ☐ 1 teaspoon paprika smoked

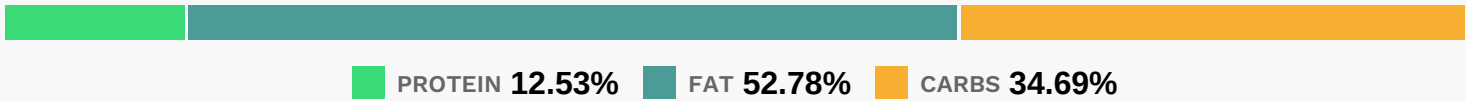
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the corn, flour, egg, cheddar cheese, cream cheese, jalapenos, bacon, paprika, coriander, green onion, cilantro and lime juice in a bowl.
- ☐ Heat the oil in a pan over medium heat, form into 1/4 cup patties and cook until golden brown on both sides, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:126.25, Glycemic Load:17.53, Inflammation Score:-9, Nutrition Score:22.968695744224%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 678.1kcal (33.91%), Fat: 41.92g (64.5%), Saturated Fat: 14.33g (89.53%), Carbohydrates: 62g (20.67%), Net Carbohydrates: 54.79g (19.92%), Sugar: 9.67g (10.74%), Cholesterol: 146.67mg (48.89%), Sodium: 446.7mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.79%), Phosphorus: 429.58mg (42.96%), Vitamin K: 44.14µg (42.04%), Vitamin A: 1959.64IU (39.19%), Selenium: 25.9µg (37%), Calcium: 307.87mg (30.79%), Fiber: 7.21g (28.83%), Vitamin B2: 0.46mg (26.87%), Vitamin B6: 0.51mg (25.68%), Vitamin E: 3.83mg (25.51%), Vitamin C: 21.04mg (25.5%), Manganese: 0.45mg (22.36%), Magnesium: 89.03mg (22.26%), Zinc: 3.32mg (22.14%), Vitamin B3: 4.22mg (21.08%), Vitamin B5: 2.1mg (20.99%), Vitamin B1: 0.3mg (19.84%), Folate: 74.78µg (18.69%), Potassium: 642.25mg (18.35%), Iron: 2.28mg (12.68%), Vitamin B12: 0.64µg (10.75%), Copper: 0.21mg (10.49%),

Vitamin D: 0.64µg (4.28%)