



Masa Tot



Vegetarian



Gluten Free

READY IN



47 min.

SERVINGS



36

CALORIES



486 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 ounces corn tortillas
- ☐ 2 tablespoons jalapeños minced
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup onions diced
- ☐ 2 quarts vegetable oil; peanut oil preferred
- ☐ 1 eggs whole
- ☐ 0.5 cup milk whole

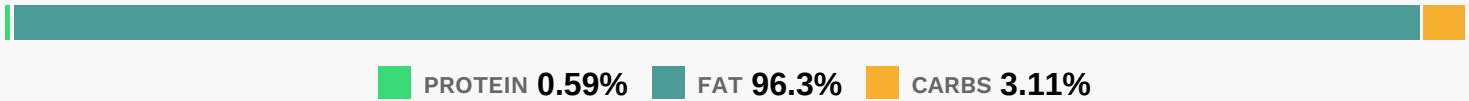
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ wire rack
- ☐ ice cream scoop
- ☐ dutch oven

Directions

- ☐ *Cook's Note: If using a Good Eats tortilla recipe, decrease milk to 1/3 cup.
- ☐ Tear the tortillas into small pieces and place in a food processor.
- ☐ Add the milk, egg, salt and pepper. Process until a chunky paste forms and you are able to squeeze a ball together in your hand, stopping to scrape down the sides of the bowl, as needed.
- ☐ Transfer to a mixing bowl and stir in the onions and jalapenos. Set aside.
- ☐ Place the oil into a 5-quart pot or Dutch oven and heat to 365 to 375 degrees F.
- ☐ Roll the dough into 1 to 1 1/2-inch balls or scoop with a small, 2-teaspoon ice cream scoop. Fry 6 to 8 at a time in the oil until crisp and golden brown, approximately 2 to 3 minutes.
- ☐ Transfer to a cooling rack set over a sheet pan and allow to cool 1 to 2 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:4.99, Glycemic Load:1.62, Inflammation Score:-1, Nutrition Score:3.3543478716975%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 486.43kcal (24.32%), Fat: 53.03g (81.58%), Saturated Fat: 9.02g (56.4%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.3g (1.2%), Sugar: 0.32g (0.35%), Cholesterol: 4.95mg (1.65%), Sodium: 103.53mg (4.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin E: 8.32mg (55.47%), Phosphorus: 31.13mg (3.11%), Fiber: 0.54g (2.17%), Magnesium: 6.49mg (1.62%), Manganese: 0.03mg (1.52%), Selenium: 0.93µg (1.33%), Vitamin B6: 0.03mg (1.31%), Vitamin C: 1.07mg (1.3%), Calcium: 11.71mg (1.17%)