



Rio Grande Fritter Cakes

READY IN



10 min.

SERVINGS



4

CALORIES



456 kcal

Ingredients

- ☐ 1 poblano chile pepper seeded very thinly sliced
- ☐ 1 cup corn kernels frozen
- ☐ 1 package corn muffin mix (recommended: Jiffy mix)
- ☐ 1 eggs
- ☐ 0.8 cup milk
- ☐ 4 servings salt
- ☐ 1 cup cheddar shredded
- ☐ 2 tablespoons vegetable oil for frying

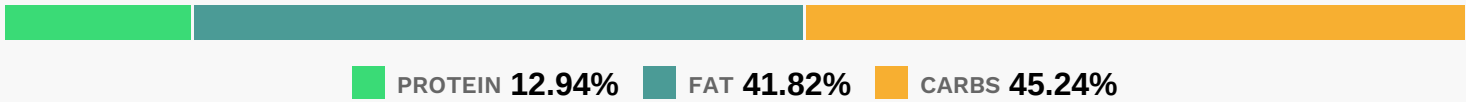
Equipment

☐ frying pan

Directions

- ☐ Combine dry mix with egg, 2 tablespoons oil and milk to make batter then stir in the chile peppers, corn and Cheddar.
- ☐ Heat a thin layer of vegetable oil in a large skillet and cook 6 small cakes, 3 inches each, at a time for 2 to 3 minutes on the first side and 1 to 2 minutes on the second side, until evenly deep golden in color.
- ☐ Transfer to a towel lined plate and salt the fritter cakes. Repeat, adding and heating a little additional oil for the second batch.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:15.693043480749%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 455.73kcal (22.79%), Fat: 21.38g (32.89%), Saturated Fat: 8.81g (55.04%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 46.78g (17.01%), Sugar: 17.12g (19.03%), Cholesterol: 75.86mg (25.29%), Sodium: 988.73mg (42.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Phosphorus: 516.8mg (51.68%), Calcium: 300.83mg (30.08%), Vitamin C: 24.64mg (29.86%), Vitamin B2: 0.45mg (26.28%), Selenium: 15.86µg (22.66%), Vitamin B1: 0.33mg (21.84%), Folate: 85.28µg (21.32%), Fiber: 5.24g (20.97%), Manganese: 0.28mg (14.05%), Vitamin B3: 2.64mg (13.19%), Zinc: 1.88mg (12.53%), Vitamin A: 614.39IU (12.29%), Vitamin B12: 0.7µg (11.64%), Vitamin B6: 0.22mg (11.25%), Iron: 1.96mg (10.88%), Magnesium: 37.21mg (9.3%), Vitamin B5: 0.92mg (9.2%), Vitamin K: 8.56µg (8.16%), Potassium: 279.86mg (8%), Vitamin D: 0.89µg (5.95%), Copper: 0.1mg (5.11%), Vitamin E: 0.7mg (4.7%)