



Spicy Corn Fritters



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



18 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 serving vegetable oil for deep frying
- ☐ 0.5 cup water cold
- ☐ 1 eggs
- ☐ 15.3 oz corn whole drained canned
- ☐ 4 oz chilis green drained chopped well canned
- ☐ 1 serving salsa thick
- ☐ 2 cups frangelico

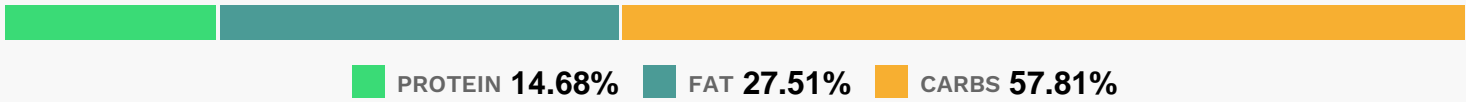
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ In deep fat fryer or heavy saucepan, heat 2 to 3 inches of oil to 375°F.
- ☐ In medium bowl, stir Bisquick mix, cold water and egg until blended. Stir in corn and chiles.
- ☐ Drop about 5 to 6 small spoonfuls of batter into hot oil; fry 2 to 3 minutes, turning as necessary, until well browned. With slotted spoon, remove fritters from oil; drain on paper towels. Repeat with remaining fritters.
- ☐ Serve warm with salsa.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.6826086970775%

Nutrients (% of daily need)

Calories: 18.36kcal (0.92%), Fat: 0.56g (0.87%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.06g (0.06%), Cholesterol: 6.82mg (2.27%), Sodium: 59.72mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin C: 1.95mg (2.36%), Folate: 8.69µg (2.17%), Phosphorus: 11.96mg (1.2%)