



Spicy Corn Fritters



Vegetarian



Dairy Free



Popular

READY IN



40 min.

SERVINGS



16

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup rice vinegar
- ☐ 0.5 cup sugar
- ☐ 1.5 teaspoons chili pepper flakes red
- ☐ 1.5 teaspoons salt
- ☐ 1 large clove garlic minced
- ☐ 1 cup flour
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 eggs lightly beaten
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup water
- ☐ 2 cups corn kernels frozen for cutting corn from a cob (see steps) (or corn, defrost and drain first)
- ☐ 4 large green onions finely sliced (half a cup)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 16 servings vegetable oil; peanut oil preferred for frying

Equipment

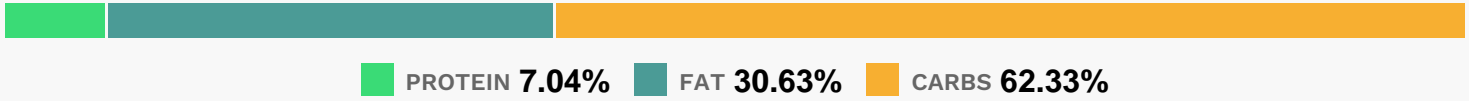
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Combine all of the sauce ingredients into a small saucepan. Cook on medium heat, stirring with a wooden spoon, until sugar dissolves. Increase the heat to medium high, let boil for 5–10 minutes or so, until the mixture becomes somewhat syrupy.
- ☐ Remove from heat and let cool. The sauce should continue to thicken as it cools. If it becomes too thick, you can add a little water to it to thin it out a bit.
- ☐ Whisk together the flour, baking powder, salt, ground coriander, and ground cumin in a medium bowl.
- ☐ Add egg, lemon juice and water. Stir vigorously with a wooden spoon until smooth.
- ☐ Add the corn, onions, and cilantro. Stir until just combined.
- ☐ Heat a large frying pan on medium high heat.

- ☐ Add enough oil to generously coat the bottom of the pan. When oil is hot (shimmering not smoking), spoon about 2 heaping tablespoons worth of fritter batter into the pan to form one fritter, patting it down with the back of the spoon as soon as it is in the pan. Work in batches. Leave about 1/2 inch between the fritters in the pan.
- ☐ Let cook about 2–3 minutes on each side, flipping the fritters when they are nicely browned on one side. When browned on the other side, remove the fritters to a plate lined with paper towels to absorb the excess fat.
- ☐ Add oil as needed to keep the bottom of the pan well coated. Note that the fritters will likely splatter a bit as you are cooking. So, either use a screen splatter guard, or wear long sleeved clothes while you cook.
- ☐ Serve immediately with the sweet chili dipping sauce.

Nutrition Facts



Properties

Glycemic Index:26.94, Glycemic Load:8.82, Inflammation Score:-2, Nutrition Score:3.2839130694452%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 100.3kcal (5.02%), Fat: 3.46g (5.32%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 14.99g (5.45%), Sugar: 7.37g (8.19%), Cholesterol: 10.23mg (3.41%), Sodium: 345.46mg (15.02%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.79g (3.58%), Vitamin K: 15.5µg (14.76%), Folate: 27.51µg (6.88%), Selenium: 3.82µg (5.46%), Manganese: 0.1mg (5.23%), Vitamin B1: 0.08mg (5.01%), Vitamin B2: 0.08mg (4.54%), Iron: 0.66mg (3.69%), Vitamin B3: 0.72mg (3.58%), Fiber: 0.86g (3.45%), Vitamin E: 0.5mg (3.35%), Vitamin C: 2.45mg (2.98%), Phosphorus: 28.93mg (2.89%), Vitamin A: 108.55IU (2.17%), Potassium: 63.52mg (1.81%), Magnesium: 7.06mg (1.77%), Vitamin B5: 0.16mg (1.58%), Copper: 0.03mg (1.56%), Calcium: 14.77mg (1.48%), Zinc: 0.2mg (1.31%), Vitamin B6: 0.03mg (1.25%)