



Texmex Style Corn Fritters

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup cheddar cheese grated ()
- 0.5 tablespoon chipotle chili powder
- 1 handful cilantro leaves chopped ()
- 2 cups regular corn
- 0.3 cup cornmeal
- 0.5 teaspoon cumin toasted (and ground)
- 1 eggs
- 0.3 cup flour

- 1 green onion chopped ()
- 1 tablespoon juice of lime
- 2 tablespoons oil
- 0.3 cup salsa

Equipment

- bowl
- frying pan

Directions

- Mix the corn, cornmeal, flour, egg, cheddar cheese, chipotle chili powder, cumin, green onion, cilantro and lime juice in a bowl.
- Heat the oil in a pan.
- Spoon the corn mixture into the pan to form patties and cook until golden brown on both sides, about 2-4 minutes per side.
- Serve with salsa.

Nutrition Facts



PROTEIN 12.76% **FAT 44.61%** **CARBS 42.63%**

Properties

Glycemic Index:147.5, Glycemic Load:33.44, Inflammation Score:-9, Nutrition Score:22.361739220827%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 572.71kcal (28.64%), Fat: 29.81g (45.87%), Saturated Fat: 7.74g (48.4%), Carbohydrates: 64.12g (21.37%), Net Carbohydrates: 56.56g (20.57%), Sugar: 9.2g (10.22%), Cholesterol: 110.09mg (36.7%), Sodium: 467.51mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.38%), Phosphorus: 376.24mg (37.62%), Vitamin A: 1760.77IU (35.22%), Vitamin K: 33.6µg (32%), Selenium: 22.33µg (31.91%), Manganese: 0.61mg (30.35%),

Fiber: 7.56g (30.25%), Vitamin E: 4.39mg (29.27%), Vitamin B2: 0.45mg (26.39%), Vitamin B6: 0.51mg (25.29%), Calcium: 247.27mg (24.73%), Vitamin B1: 0.37mg (24.57%), Folate: 94.78µg (23.7%), Vitamin B3: 4.72mg (23.6%), Magnesium: 87.02mg (21.75%), Zinc: 3.22mg (21.44%), Vitamin B5: 1.97mg (19.69%), Iron: 3.39mg (18.82%), Potassium: 636.09mg (18.17%), Vitamin C: 13.06mg (15.83%), Copper: 0.23mg (11.41%), Vitamin B12: 0.5µg (8.25%), Vitamin D: 0.61µg (4.06%)