



Thai Style Corn Fritters with Sweet Chilli Sauce

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



2

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 birds eye chili thinly sliced ()
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 2 cups regular corn
- ☐ 0.3 cup cornmeal
- ☐ 1 eggs
- ☐ 1 tablespoon fish sauce
- ☐ 0.3 cup flour

- ☐ 1 green onion chopped ()
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons oil
- ☐ 1 tablespoon curry paste green red (or curry paste)
- ☐ 0.3 cup chili sauce sweet

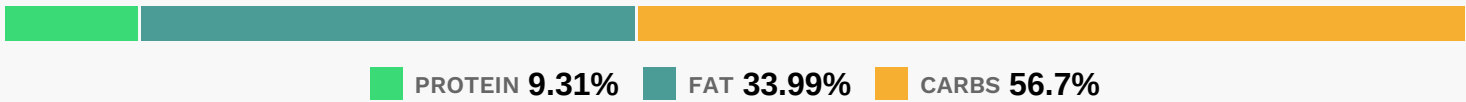
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the corn, corn meal, flour, egg, curry paste, green onion, cilantro, chili, fish sauce 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 sweet chili sauce.

Nutrition Facts



Properties

Glycemic Index:131.5, Glycemic Load:33.25, Inflammation Score:-9, Nutrition Score:17.996521483297%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 518.55kcal (25.93%), Fat: 20.49g (31.53%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 76.91g (25.64%), Net Carbohydrates: 70.19g (25.52%), Sugar: 23.88g (26.54%), Cholesterol: 81.84mg (27.28%), Sodium: 1061.41mg (46.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Vitamin A: 1922.36IU (38.45%), Vitamin K: 29.63µg (28.22%), Manganese: 0.54mg (27.06%), Fiber: 6.72g (26.88%), Folate: 91.88µg (22.97%), Phosphorus: 229.28mg (22.93%), Vitamin B1: 0.34mg (22.88%), Vitamin B3: 4.31mg (21.54%), Magnesium: 85.83mg (21.46%), Vitamin B6: 0.42mg (21.24%), Selenium: 14.44µg (20.63%), Vitamin C: 16.7mg (20.24%), Vitamin E: 3.01mg (20.08%), Vitamin B5: 1.78mg (17.8%), Vitamin B2: 0.3mg (17.63%), Iron: 2.81mg (15.61%), Potassium: 513.57mg (14.67%), Zinc: 2.03mg (13.51%), Copper: 0.18mg (9.03%), Calcium: 41.83mg (4.18%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.44µg (2.93%)