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Basil Jalapeno Corn Fritter ♦♦

Basil Jalapeno Corn Fritter is a delicious vegetarian recipe that combines the flavors of fresh basil, spicy jalapenos, and sweet corn. It is a popular dish in many cuisines and can be enjoyed as an appetizer or a main course. The fritters are crispy on the outside and soft on the inside, making them a perfect snack or side dish. This recipe is easy to make and can be customized with your favorite toppings and sauces.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	corn kernels
100 g	all-purpose flour
50 g	basil leaves
30 g	Jalapeno Peppers

1	Egg
pieces	
100 ml	milk
1 tsp	baking powder
1 tsp	salt
50 ml	vegetable oil

Directions

Step 1

Mixing

In a large bowl, combine the corn kernels, all-purpose flour, chopped basil leaves, diced jalapeno peppers, egg, milk, baking powder, and salt.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Frying

Heat vegetable oil in a frying pan over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Frying

Drop spoonfuls of the corn mixture into the hot oil and flatten them with the back of the spoon.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Frying

Cook the fritters for 2-3 minutes on each side until golden brown.

Prep Time: 0 mins

Cook Time: 6 mins

Step 5

Remove the fritters from the pan and drain them on a paper towel to remove excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 152 kcal

Fat: 6 g

Protein: 5 g

Carbohydrates: 22 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	22 g	40%	44%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	23 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	120 iu	13.33%	17.14%
Vitamin C	16 mg	17.78%	21.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	314 mg	13.65%	13.65%
Calcium	84 mg	8.4%	8.4%
Iron	1 mg	12.5%	5.56%
Potassium	170 mg	5%	6.54%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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