

Cornmeal Chillies

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 appetizers

*2 jars (11 ounce ea) mild whole
chilies*
4 ounces Cheddar cheese, grated
6 1/2 ounces cream cheese, softened
2/3 cup plain flour
4 eggs, lightly beaten
1 1/4 cups cornmeal
1 1/4 cups dry breadcrumbs
oil (for deep frying)
sour cream

Preparation Time: 40 minutes**Cook Time: 20 minutes**

Select twenty-four large, uniform chilies. Drain well and dry with paper towels. With a sharp knife, cut a slit down the length of one side of each chili. Remove the seeds and membrane.

In a bowl, combine the cream chesse and Cheddar. Spoon some into each chili. Put the flour on a large plate and the beaten egg into a small bowl. Combine the cornmeal and breadcrumbs on a flat dish. Roll each chili in the flour; shake off the excess. Dip in the egg and roll in the crumb mixture to coat thoroughly. Refrigerate for one hour. Re-dip in the egg and re-roll in the breadcrumbs. Refrigerate for another hour.

Fill a deep, heavy skillet one-third full of oil. Heat the oil to 350 degrees. The oil is ready when a cube of bread dropped in the oil turns golden brown in 15 seconds. Deep-fry the chillies in small batches until golden brown. Drain on crumpled paper towels.

Serve with sour cream.

Per Serving (excluding unknown items): 2560 Calories; 132g Fat (46.7% calories from fat); 99g Protein; 240g Carbohydrate; 16g Dietary Fiber; 1169mg Cholesterol; 2697mg Sodium. Exchanges: 15 Grain(Starch); 9 Lean Meat; 19 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2560	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	46.7%	Vitamin B12 (mcg):	4.3mcg
% Calories from Carbohydrates:	37.7%	Thiamin B1 (mg):	2.5mg
% Calories from Protein:	15.6%	Riboflavin B2 (mg):	3.0mg
Total Fat (g):	132g	Folacin (mcg):	258mcg
Saturated Fat (g):	73g	Niacin (mg):	18mg
Monounsaturated Fat (g):	40g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	1169mg	% Daily Value:	n n%
Carbohydrate (g):	240g	Food Exchanges	
Dietary Fiber (g):	16g	Grain (Starch):	15
Protein (g):	99g	Lean Meat:	9
Sodium (mg):	2697mg	Vegetable:	0
Potassium (mg):	1177mg	Fruit:	0
Calcium (mg):	1384mg	Non-Fat Milk:	0
Iron (mg):	22mg	Fat:	19 1/2
Zinc (mg):	10mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	5520IU		
Vitamin A (r.e.):	1503 1/2RE		

Nutrition Facts

Amount Per Serving		
Calories	2560	Calories from Fat: 1196
% Daily Values*		
Total Fat	132g	203%
Saturated Fat	73g	363%
Cholesterol	1169mg	390%
Sodium	2697mg	112%
Total Carbohydrates	240g	80%
Dietary Fiber	16g	64%
Protein	99g	
Vitamin A		110%
Vitamin C		0%
Calcium		138%
Iron		122%

* Percent Daily Values are based on a 2000 calorie diet.