



Bacon and Grits Fritters

READY IN



280 min.

SERVINGS



32

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups milk
- ☐ 1 teaspoon salt
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 6 oz cheddar cheese shredded white extra-sharp
- ☐ 0.5 cup oz. bacon into pieces crumbled cooked (8 slices)
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 eggs
- ☐ 0.3 cup water

- ☐ 3 cups panko bread crumbs crispy
- ☐ 1 serving vegetable oil for deep frying

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ deep fryer

Directions

- ☐ Spray 8-inch square pan with cooking spray. In 2-quart saucepan, heat milk and salt to boiling. Gradually add grits, stirring constantly; reduce heat. Simmer uncovered about 5 minutes, stirring frequently, until thickened.
- ☐ Add cheese, bacon, onions and pepper; stir until cheese is melted. Spoon mixture into pan. Refrigerate at least 4 hours or up to 24 hours.
- ☐ Shape grits into 1 1/2-inch balls. In small bowl, beat eggs and water with whisk or fork.
- ☐ Place bread crumbs in medium bowl. Dip balls in egg mixture, then roll in bread crumbs.
- ☐ In deep fryer or heavy 3-quart saucepan, heat 3 inches oil over medium-high heat (350°F). Fry fritters, in batches, 3 to 4 minutes or until golden brown.
- ☐ Drain on paper towels.
- ☐ Place on metal cooling rack in baking pan and keep warm in 225°F oven up to 30 minutes.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 19.95%**  **FAT 38.65%**  **CARBS 41.4%**

Properties

Glycemic Index:4.03, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:3.3582608790501%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 89.46kcal (4.47%), Fat: 3.87g (5.96%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 8.84g (3.21%), Sugar: 1.9g (2.11%), Cholesterol: 21.73mg (7.24%), Sodium: 217.32mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Calcium: 87.62mg (8.76%), Phosphorus: 77.74mg (7.77%), Vitamin B2: 0.12mg (6.85%), Vitamin B1: 0.1mg (6.75%), Selenium: 4.35µg (6.21%), Vitamin B12: 0.27µg (4.42%), Folate: 15.8µg (3.95%), Manganese: 0.07mg (3.46%), Zinc: 0.48mg (3.21%), Vitamin B3: 0.63mg (3.17%), Vitamin D: 0.42µg (2.82%), Iron: 0.5mg (2.78%), Magnesium: 10.26mg (2.56%), Vitamin A: 121.43IU (2.43%), Vitamin B6: 0.05mg (2.33%), Vitamin B5: 0.22mg (2.24%), Potassium: 72.88mg (2.08%), Fiber: 0.49g (1.97%), Vitamin K: 1.59µg (1.51%), Copper: 0.02mg (1.23%)