



WHATSheATE

Bacon-Grits Fritters

READY IN



280 min.

SERVINGS



35

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups panko bread crumbs (panko)
- ☐ 0.5 cup oz. bacon into pieces crumbled cooked finely (8 slices)
- ☐ 2 large eggs
- ☐ 2 spring onion minced
- ☐ 4 cups milk
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 1 teaspoon salt
- ☐ 35 servings vegetable oil

- ☐ 6 oz cheddar cheese shredded white extra-sharp

Equipment


- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Prepare grits according to package directions, using 4 cups milk and 1 tsp. salt.
- ☐ Remove from heat, and let stand 5 minutes. Stir in cheese and next 3 ingredients, stirring until cheese is melted. Spoon mixture into a lightly-greased 8-inch square baking dish or pan, and chill 4 to 24 hours.
- ☐ Roll grits into 1 1/2-inch balls.
- ☐ Whisk together eggs and 1/4 cup water. Dip balls in egg wash, and roll in breadcrumbs.
- ☐ Pour oil to depth of 3 inches in a large, heavy skillet; heat over medium-high heat to 35
- ☐ Fry fritters, in batches, 3 to 4 minutes or until golden brown.
- ☐ Drain on paper towels. Keep fritters warm on a wire rack in a pan in a 225 oven up to 30 minutes.
- ☐ Serve warm.
- ☐ Make ahead: Prepare recipe as directed through Step Cover and chill in a single layer up to 4 hours. Fry as directed. You may also prepare through Step 2 and freeze on a baking sheet for 30 minutes or until firm.
- ☐ Transfer to a zip-top plastic bag, and freeze. Cook frozen fritters as directed in Step 3, increasing cooking time to 5 to 6 minutes or until golden and centers are thoroughly heated.

Nutrition Facts



 **PROTEIN 7.99%**  **FAT 75.57%**  **CARBS 16.44%**

Properties

Glycemic Index:3.69, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:4.5417391385721%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 205.45kcal (10.27%), Fat: 17.49g (26.91%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 8.1g (2.95%), Sugar: 1.75g (1.94%), Cholesterol: 21.14mg (7.05%), Sodium: 199.15mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin K: 27.76µg (26.44%), Vitamin E: 1.23mg (8.23%), Calcium: 80.5mg (8.05%), Phosphorus: 71.88mg (7.19%), Vitamin B2: 0.11mg (6.37%), Vitamin B1: 0.09mg (6.19%), Selenium: 4.08µg (5.83%), Vitamin B12: 0.25µg (4.09%), Folate: 14.82µg (3.71%), Manganese: 0.06mg (3.19%), Zinc: 0.45mg (2.97%), Vitamin B3: 0.58mg (2.91%), Vitamin D: 0.39µg (2.62%), Iron: 0.47mg (2.62%), Magnesium: 9.47mg (2.37%), Vitamin A: 116.29IU (2.33%), Vitamin B6: 0.04mg (2.17%), Vitamin B5: 0.21mg (2.1%), Potassium: 68.05mg (1.94%), Fiber: 0.46g (1.84%), Copper: 0.02mg (1.14%)