

DINNER

Buttermilk Fried Corn

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.48	481 kcal

Buttermilk Fried Corn could be just the lacto ovo vegetarian recipe you've been looking for. For \$1.48 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals. This recipe serves 4. One portion of this dish contains roughly 15g of protein, 13g of fat, and a total of 4...

Ingredients

☐ 2¼ cups buttermilk	☐ 4 servings Corn oil
☐ 1 cup cornmeal	☐ 1 cup all-purpose flour
☐ 3 cups fresh corn kernels	☐ 1½ teaspoons pepper
☐ 1 teaspoon salt	

EQUIPMENT Paper towels, Dutch oven

Method

- 1 Stir together corn and buttermilk; let stand 30 minutes.
- 2 Drain.
- 3 Combine flour and next 3 ingredients in a large zip-top freezer bag.
- 4 Add corn to flour mixture, a small amount at a time, and shake bag to coat.
- 5 Pour oil to depth of 1 inch in a Dutch oven; heat to 37

- 6 Fry corn, in small batches, in hot oil 2 minutes or until golden.
- 7 Drain on paper towels.
- 8 Serve immediately.

Nutrition per serving

481
KCAL

15 g
PROTEIN

13 g
FAT

80 g
CARBS

Saturated Fat	3.7 g · 23% of daily needs
Fibre	7 g · 28% of daily needs
Sugar	14.1 g · 16% of daily needs
Sodium	742 mg · 32% of daily needs
Cholesterol	14.9 mg · 5% of daily needs
Vitamin C	7.4 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/buttermilk-fried-corn-148376