



## Clam and Corn Fritters

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



490 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon pepper black freshly ground
- 6 large egg whites
- 1 cup flour all-purpose
- 1.3 cups corn kernels fresh ( 2 ears)
- 1 cup green onions sliced
- 0.5 teaspoon ground pepper red
- 1 pound littleneck clams fresh scrubbed

- 2 quarts vegetable oil; peanut oil preferred
- 1 poblano chile diced
- 1 bell pepper diced red
- 1 teaspoon salt
- 1 bell pepper diced yellow

## Equipment

- bowl
- paper towels
- whisk
- slotted spoon
- dutch oven

## Directions

- Carefully open clam shells, and remove meat. Coarsely chop; drain.
- Combine flour and next 4 ingredients in a large bowl. Stir in corn and next 4 ingredients. Fold in clams.
- Whisk egg whites in a separate bowl until stiff peaks form; fold into clam mixture.
- Pour oil to depth of 2 inches into a 4-quart Dutch oven; heat to 36
- Carefully drop batter by tablespoonfuls into oil; fry 1 to 1 1/2 minutes on each side or until golden brown, turning with a slotted spoon.
- Drain on paper towels.
- Serve immediately.
- Note: You may substitute 1/4 cup drained, diced canned clams for fresh.

## Nutrition Facts

 PROTEIN 1.25%  FAT 95.11%  CARBS 3.64%

## Properties

Glycemic Index:9.22, Glycemic Load:2.07, Inflammation Score:-3, Nutrition Score:5.1313044506571%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 489.81kcal (24.49%), Fat: 52.74g (81.14%), Saturated Fat: 8.92g (55.74%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.1g (1.49%), Sugar: 0.65g (0.72%), Cholesterol: 0.57mg (0.19%), Sodium: 88.15mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin E: 8.36mg (55.74%), Vitamin C: 13.84mg (16.78%), Vitamin K: 6.67µg (6.35%), Selenium: 2.92µg (4.17%), Vitamin B12: 0.22µg (3.64%), Vitamin A: 176.98IU (3.54%), Folate: 13.31µg (3.33%), Vitamin B2: 0.05mg (3.06%), Manganese: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.79%), Vitamin B3: 0.4mg (2.01%), Iron: 0.34mg (1.89%), Phosphorus: 18.74mg (1.87%), Fiber: 0.44g (1.78%), Potassium: 55.91mg (1.6%), Vitamin B6: 0.03mg (1.59%), Magnesium: 5.44mg (1.36%), Calcium: 11.53mg (1.15%)