



Clam Fritters

READY IN



45 min.

SERVINGS



24

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup beer
- 3 tablespoons butter melted
- 2 large eggs
- 2 cups flour all-purpose
- 0.5 teaspoon coarsely ground pepper black
- 24 servings hot sauce
- 12 ounce clams in juice undrained chopped canned
- 24 servings malt vinegar

- 0.5 teaspoon salt
- 24 servings vegetable oil

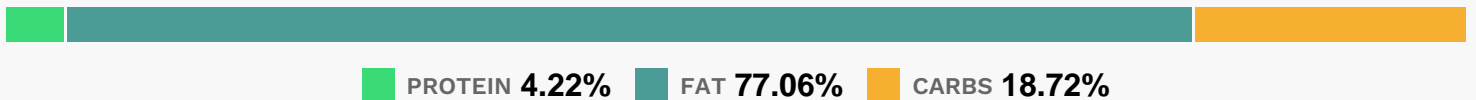
Equipment

- bowl
- paper towels
- whisk
- dutch oven

Directions

- Drain clams, reserving 1/2 cup clam juice.
- Whisk together 1/2 cup clam juice, eggs, and butter in a small bowl. Stir in beer.
- Combine flour, baking powder, salt, and pepper in a large bowl.
- Whisk in egg mixture. Stir in clams.
- Heat 2 inches vegetable oil in a Dutch oven to 36
- Scoop heaping tablespoons of fritter batter and slide them into the hot oil. (Dip the spoon or small scoop into the oil first to prevent the batter from sticking to the spoon.) Cook 3 minutes, turning once, until golden brown.
- Drain on paper towels.
- Serve with malt vinegar and hot sauce.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:5.86, Inflammation Score:-1, Nutrition Score:3.7908695573392%

Nutrients (% of daily need)

Calories: 185.57kcal (9.28%), Fat: 15.95g (24.54%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.41g (3.06%), Sugar: 0.21g (0.23%), Cholesterol: 19.9mg (6.63%), Sodium: 122.94mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Vitamin K: 25.99µg (24.75%), Vitamin E: 1.26mg

(8.37%), Selenium: 5.53µg (7.89%), Vitamin B1: 0.09mg (5.66%), Folate: 21.59µg (5.4%), Vitamin B12: 0.28µg (4.7%), Vitamin B2: 0.07mg (4.28%), Manganese: 0.08mg (4.19%), Iron: 0.64mg (3.58%), Phosphorus: 32.25mg (3.23%), Vitamin B3: 0.64mg (3.19%), Calcium: 25.65mg (2.56%), Vitamin A: 80.35IU (1.61%), Fiber: 0.31g (1.25%), Vitamin B5: 0.12mg (1.19%), Copper: 0.02mg (1.08%)