



## Clam Fritters

READY IN



35 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup clams minced
- 1 eggs
- 0.5 cup flour all-purpose
- 0.1 teaspoon ground pepper black
- 0.5 cup milk
- 2 tablespoons onion minced
- 0.3 teaspoon salt
- 0.5 cup vegetable oil

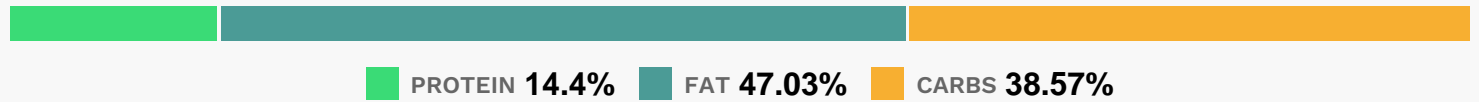
## Equipment

- frying pan
- paper towels

## Directions

- Beat the egg and gradually beat in the flour. Slowly stir in the milk, clams, salt, pepper and onion. If desired, stir in the green pepper. With hands shape mixture into 2 inch diameter patties.
- In a medium skillet heat the oil over medium-high heat until hot. Fry the patties in the hot oil until golden brown.
- Place cooked fritters on paper towels to soak up any excess oil.

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:9.36, Inflammation Score:-3, Nutrition Score:5.9613043458565%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 148.56kcal (7.43%), Fat: 7.71g (11.87%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 13.72g (4.99%), Sugar: 1.76g (1.96%), Cholesterol: 47.13mg (15.71%), Sodium: 177.84mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.63%), Vitamin B12: 1.22µg (20.41%), Selenium: 11.89µg (16.98%), Vitamin B2: 0.17mg (10.26%), Vitamin B1: 0.15mg (9.85%), Vitamin K: 10.33µg (9.84%), Folate: 35.15µg (8.79%), Phosphorus: 87.86mg (8.79%), Manganese: 0.13mg (6.64%), Iron: 1.07mg (5.97%), Calcium: 50.86mg (5.09%), Vitamin B3: 1mg (5%), Vitamin E: 0.65mg (4.3%), Vitamin D: 0.56µg (3.7%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.43mg (2.86%), Vitamin A: 134.79IU (2.7%), Magnesium: 10.65mg (2.66%), Potassium: 89.73mg (2.56%), Vitamin B6: 0.05mg (2.56%), Fiber: 0.52g (2.09%), Copper: 0.04mg (1.91%)