



Corn Fritters

READY IN



45 min.

SERVINGS



12

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons butter melted
- 2 eggs beaten
- 1.5 cups flour all-purpose
- 0.5 cup milk
- 1 tablespoon onion finely chopped
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 2 cups kernel corn whole

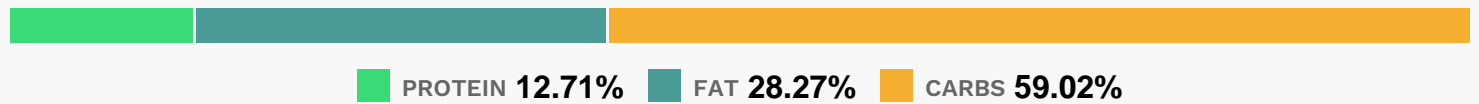
Equipment

- bowl
- paper towels

Directions

- Sift together flour, baking powder, salt, and pepper in a large bowl.
- Combine milk, corn, eggs, butter, and onion; mix well, and stir into dry ingredients.
- Drop mixture by tablespoonfuls into deep hot oil (375). Fry until golden brown, turning once.
- Drain on paper towels.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:9, Inflammation Score:-2, Nutrition Score:3.9356521672529%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 109.63kcal (5.48%), Fat: 3.42g (5.25%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 15.58g (5.67%), Sugar: 0.59g (0.66%), Cholesterol: 28.5mg (9.5%), Sodium: 341.85mg (14.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Selenium: 7.75µg (11.07%), Folate: 39.49µg (9.87%), Vitamin B1: 0.14mg (9.05%), Vitamin B2: 0.13mg (7.63%), Manganese: 0.14mg (6.76%), Phosphorus: 67.43mg (6.74%), Calcium: 60.01mg (6%), Vitamin B3: 1.14mg (5.68%), Iron: 0.99mg (5.52%), Vitamin A: 140.01IU (2.8%), Vitamin B5: 0.22mg (2.23%), Magnesium: 8.77mg (2.19%), Potassium: 74.57mg (2.13%), Zinc: 0.32mg (2.12%), Vitamin B12: 0.12µg (2.04%), Copper: 0.04mg (1.86%), Fiber: 0.46g (1.83%), Vitamin D: 0.26µg (1.72%), Vitamin B6: 0.03mg (1.35%), Vitamin E: 0.16mg (1.1%)