



Corn Fritters

 Vegetarian  Popular

READY IN



20 min.

SERVINGS



4

CALORIES



4699 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoons double-acting baking powder
- 4 tablespoons butter melted ()
- 1 cup corn frozen thawed (if)
- 1 cup cornmeal
- 2 eggs beaten
- 1 cup flour all-purpose
- 0.8 cup milk
- 2 quarts vegetable oil; peanut oil preferred

- 1 pinch salt
- 0.3 cup sugar

Equipment

- bowl
- paper towels
- whisk
- wok
- dutch oven

Directions

- Whisk together cornmeal, flour, baking powder, salt, and sugar. In a separate bowl combine milk and eggs then pour wet ingredients over dry ingredients and whisk to combine.
- Add melted butter and corn and mix well.
- Add 2 inches of vegetable oil to a Dutch oven or wok and heat to 350°F. Drop corn fritter batter into hot oil one tablespoon at a time. Cook, agitating and turning frequently until golden brown and crisp on all sides and fritters are cooked through, about 4 minutes total.
- Remove fritters to a large plate lined with paper towels and season with salt.
- Serve immediately, garnished with powdered sugar or sliced scallions.

Nutrition Facts

PROTEIN 1.08% **FAT 92.39%** **CARBS 6.53%**

Properties

Glycemic Index:98.4, Glycemic Load:44.84, Inflammation Score:-8, Nutrition Score:20.429999931999%

Nutrients (% of daily need)

Calories: 4698.7kcal (234.94%), Fat: 491.09g (755.53%), Saturated Fat: 89.21g (557.59%), Carbohydrates: 78.1g (26.03%), Net Carbohydrates: 72.36g (26.31%), Sugar: 15.47g (17.19%), Cholesterol: 117.43mg (39.14%), Sodium: 470.74mg (20.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.78%), Vitamin E: 75.03mg (500.22%), Phosphorus: 317.93mg (31.79%), Selenium: 21.15µg (30.22%), Vitamin B1: 0.44mg (29.48%), Manganese: 0.54mg (27.1%), Calcium: 257.09mg (25.71%), Folate: 97.96µg (24.49%), Vitamin B2: 0.4mg (23.44%), Fiber: 5.74g

(22.97%), Iron: 3.79mg (21.03%), Vitamin B6: 0.39mg (19.39%), Magnesium: 71.83mg (17.96%), Vitamin B3: 3.59mg (17.95%), Zinc: 2.27mg (15.15%), Potassium: 385.9mg (11.03%), Vitamin A: 544.42IU (10.89%), Vitamin B5: 1.02mg (10.18%), Copper: 0.18mg (8.99%), Vitamin B12: 0.47µg (7.78%), Vitamin D: 0.94µg (6.29%), Vitamin K: 4.67µg (4.45%), Vitamin C: 2.97mg (3.6%)