



Corn Fritters with Arugula and Warm Tomato Salad

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups arugula
- ☐ 0.1 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black
- ☐ 0.7 cup regular corn (cut from 2 ears)
- ☐ 1 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 cups grape tomatoes halved

- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt to taste
- ☐ 6 spring onion dark white green separated finely chopped
- ☐ 1 pinch sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2.5 teaspoons citrus champagne vinegar
- ☐ 0.5 cup milk whole
- ☐ 0.5 teaspoon coarse mustard
- ☐ 0.7 cup cornmeal yellow

Equipment

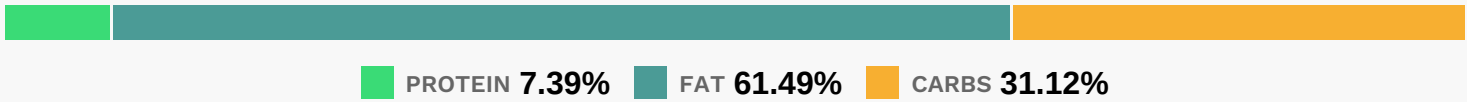
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ spatula

Directions

- ☐ Cook white and pale green scallions in oil in a 10- to 12-inch nonstick skillet over moderate heat, stirring, until softened, 1 to 2 minutes.
- ☐ Add tomatoes, salt, and pepper and cook, stirring, until tomatoes begin to soften, 3 to 5 minutes.
- ☐ Remove from heat and stir in scallion greens.
- ☐ Transfer to a bowl and cool to warm.
- ☐ Cook corn in a small saucepan of boiling water until tender, about 3 minutes.
- ☐ Drain in a sieve, then rinse under cold water and pat dry.
- ☐ Whisk together cornmeal, flour, salt, baking soda, and sugar in a bowl.

- ☐ Whisk together milk and egg in another bowl, then add to dry ingredients and stir until just combined (do not overmix). Stir in corn.
- ☐ Heat oil in cleaned skillet over moderate heat until hot but not smoking. Working in batches of 4, spoon 1 heaping tablespoon batter per fritter into skillet and fry, turning over once, until lightly browned, about 4 minutes total.
- ☐ Transfer with a spatula to paper towels to drain.
- ☐ Whisk together vinegar, mustard, salt, and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Add arugula and toss to coat.
- ☐ Divide arugula, fritters, and tomatoes among 8 small plates.

Nutrition Facts



Properties

Glycemic Index:59.14, Glycemic Load:9.85, Inflammation Score:-7, Nutrition Score:10.923912981282%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.15mg, Kaempferol: 7.15mg, Kaempferol: 7.15mg, Kaempferol: 7.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 237.29kcal (11.86%), Fat: 16.69g (25.67%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 16.12g (5.86%), Sugar: 3.77g (4.19%), Cholesterol: 25.08mg (8.36%), Sodium: 118.47mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Vitamin K: 64.97µg (61.87%), Vitamin A: 1122.54IU (22.45%), Vitamin C: 13.06mg (15.83%), Manganese: 0.28mg (14.02%), Vitamin E: 2.07mg (13.82%), Folate: 49.11µg (12.28%), Fiber: 2.88g (11.53%), Phosphorus: 98.21mg (9.82%), Potassium: 338.19mg (9.66%), Magnesium: 38.38mg (9.6%), Vitamin B6: 0.18mg (9.12%), Vitamin B1: 0.12mg (7.99%), Iron: 1.32mg (7.33%), Vitamin B2: 0.12mg (6.97%), Calcium: 68.59mg (6.86%), Selenium: 4.21µg (6.01%), Zinc: 0.88mg (5.87%), Vitamin B3: 1.17mg (5.86%), Copper: 0.1mg (5.2%), Vitamin B5: 0.49mg (4.91%), Vitamin B12: 0.14µg (2.3%), Vitamin D: 0.29µg (1.95%)