



Double-Corn Fritters with Dungeness Crab Crème Fraîche

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 1 pinch ground pepper
- ☐ 0.3 cup chives fresh finely chopped for garnish
- ☐ 8 servings corn oil for frying
- ☐ 6 ounces crab meat dry picked over flaked
- ☐ 0.5 cup crème fraîche sour
- ☐ 1 large eggs

- ☐ 3 tablespoons flour all-purpose
- ☐ 0.7 cup ears corn fresh
- ☐ 0.3 teaspoon pepper white
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.5 cup onion diced red
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.7 cup cornmeal yellow

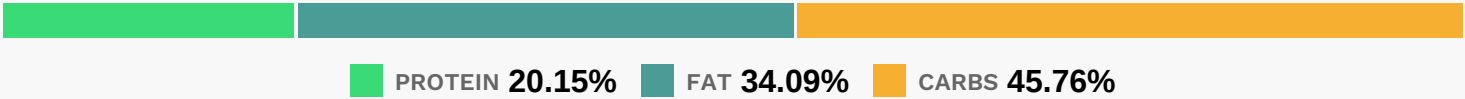
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Mix first 5 ingredients in medium bowl.
- ☐ Whisk buttermilk and egg in small bowl to blend. Stir egg mixture into dry ingredients, then stir in corn kernels, onion, and bell pepper (do not overmix).
- ☐ Pour enough oil into large skillet to coat bottom.
- ☐ Heat oil over medium heat. Working in batches, drop 1 scant tablespoon batter for each fritter into hot skillet; spread each to 2-inch round. Fry until golden, about 2 minutes per side.
- ☐ Transfer to baking sheet. (Can be made ahead.
- ☐ Let stand at room temperature up to 2 hours or cover and chill overnight.
- ☐ Bake uncovered in 350°F oven until heated through, 6 to 8 minutes.)
- ☐ Place crabmeat in medium bowl. Fold in crème fraîche, 1/4 cup chives, white pepper, and cayenne. Season with salt. (Can be made 2 hours ahead. Cover; chill. Stir before using.)
- ☐ Arrange warm fritters on platter. Top with crab mixture and garnish with additional chives.

Nutrition Facts



Properties

Glycemic Index:47.57, Glycemic Load:8.23, Inflammation Score:-5, Nutrition Score:9.3913043374601%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 152.09kcal (7.6%), Fat: 5.83g (8.97%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 15.63g (5.68%), Sugar: 3.55g (3.95%), Cholesterol: 42.31mg (14.1%), Sodium: 263.49mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Vitamin B12: 2.07µg (34.47%), Vitamin C: 15.85mg (19.21%), Selenium: 12.64µg (18.06%), Phosphorus: 132.41mg (13.24%), Zinc: 1.98mg (13.23%), Copper: 0.26mg (12.88%), Vitamin A: 527.14IU (10.54%), Vitamin B6: 0.19mg (9.28%), Folate: 36.15µg (9.04%), Magnesium: 36.09mg (9.02%), Manganese: 0.17mg (8.31%), Fiber: 1.98g (7.92%), Vitamin B2: 0.13mg (7.82%), Vitamin B1: 0.11mg (7.52%), Potassium: 206.78mg (5.91%), Vitamin B3: 1.08mg (5.42%), Iron: 0.93mg (5.17%), Calcium: 50.82mg (5.08%), Vitamin B5: 0.5mg (4.99%), Vitamin K: 3.86µg (3.67%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.32µg (2.13%)