



Jimmy's Clam and Corn Fritters

READY IN



45 min.

SERVINGS



6

CALORIES



512 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 6.5 ounce clams minced drained canned
- ☐ 0.5 cup flour all-purpose
- ☐ 1.3 cups ground cornmeal finely
- ☐ 0.3 cup milk or as needed
- ☐ 1 small onion finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 quart vegetable oil for frying

☐ 1 teaspoon sugar white

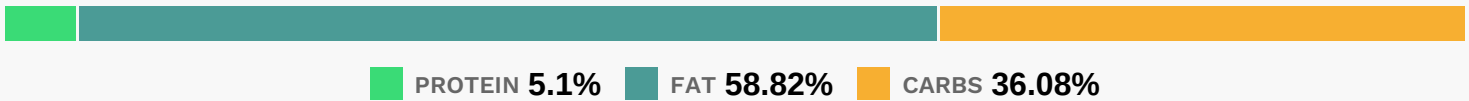
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Mix cornmeal, cream-style corn, clams, onion, flour, baking powder, salt, and sugar in a bowl until batter is thoroughly combined. If batter is too thick, stir in milk, about 1 tablespoon at a time.
- ☐ Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- ☐ Scoop about 1 heaping tablespoon of batter per fritter and gently drop into the hot oil; deep-fry in small batches of 3 or 4 fritters until golden brown, 3 to 4 minutes.
- ☐ Drain fritters on paper towels.

Nutrition Facts



Properties

Glycemic Index:66.27, Glycemic Load:21.26, Inflammation Score:-6, Nutrition Score:11.862173769785%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 511.8kcal (25.59%), Fat: 34.27g (52.72%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 42.86g (15.58%), Sugar: 4.45g (4.94%), Cholesterol: 2.6mg (0.87%), Sodium: 648.59mg (28.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Vitamin K: 58.2µg (55.42%), Vitamin E: 2.8mg (18.64%), Fiber: 4.43g (17.72%), Manganese: 0.35mg (17.56%), Phosphorus: 158.7mg (15.87%), Folate: 62.74µg (15.68%), Vitamin B1: 0.21mg (13.97%), Magnesium: 53.04mg (13.26%), Vitamin B6: 0.26mg (13.23%), Vitamin B3: 2.14mg (10.71%), Iron: 1.92mg (10.67%), Selenium: 7.47µg (10.66%), Zinc: 1.56mg (10.37%), Vitamin B12: 0.58µg

(9.59%), Vitamin B2: 0.14mg (8.14%), Potassium: 245.83mg (7.02%), Copper: 0.14mg (6.95%), Calcium: 62.05mg (6.2%), Vitamin C: 3.72mg (4.51%), Vitamin B5: 0.43mg (4.27%), Vitamin A: 82.1IU (1.64%)