



## Stuffing Fritters

READY IN



30 min.

SERVINGS



8

CALORIES



1299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 cups flour
- 0.3 add carrot and onion to bacon fat . cook
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 3 tablespoons butter
- 1 cup buttermilk
- 0.5 cup celery finely chopped ( 1 large stalk)
- 2 large eggs lightly beaten
- 1 tablespoon sage fresh finely chopped

- 2 teaspoons thyme sprigs fresh finely chopped
- 0.8 cup apples i use 2 granny smith apples diced peeled ( 1 apple)
- 8 servings pepper black freshly ground to taste
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 quart vegetable oil
- 0.5 cup cornmeal yellow
- 0.8 cup onion yellow finely chopped ( 1 medium onion)

## Equipment

- bowl
- frying pan
- paper towels
- dutch oven

## Directions

- Melt butter in a 12-inch skillet over medium heat. When foaming subsides, add in onions, apple, and celery. Cook, stirring occasionally, until onions, apple, and celery have softened, but not browned, about 7 minutes. Stir in sage and thyme and cook until fragrant, about 30 seconds.
- Remove from heat and season with salt and pepper to taste.
- To make the batter: Stir together flour, cornmeal, buttermilk, eggs, sugar, baking powder, baking soda, and salt in a large bowl. Stir in onion and apple mixture.
- Heat oil to 375°F in a large pot or dutch oven over high heat. Using a cookie scoop or two spoons, drop heaping tablespoons of batter into oil and fry until golden brown, flipping halfway through cooking, about 5 minutes total.
- Remove to a paper towel lined plate to drain. Season with additional salt to taste, then serve immediately.

## Nutrition Facts



■ PROTEIN 2.15% ■ FAT 85.88% ■ CARBS 11.97%

## Properties

Glycemic Index:69.32, Glycemic Load:25.18, Inflammation Score:-7, Nutrition Score:20.643912916598%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

## Nutrients (% of daily need)

Calories: 1298.93kcal (64.95%), Fat: 125.76g (193.48%), Saturated Fat: 21.9g (136.89%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 36.87g (13.41%), Sugar: 6.69g (7.43%), Cholesterol: 61.12mg (20.37%), Sodium: 623.46mg (27.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Vitamin K: 220.48µg (209.98%), Copper: 2.37mg (118.74%), Vitamin E: 10.05mg (66.99%), Selenium: 16.32µg (23.31%), Vitamin B1: 0.31mg (20.48%), Manganese: 0.41mg (20.42%), Folate: 73.81µg (18.45%), Vitamin B2: 0.29mg (16.99%), Phosphorus: 137.65mg (13.76%), Iron: 2.35mg (13.07%), Calcium: 121.08mg (12.11%), Vitamin B3: 2.19mg (10.94%), Fiber: 2.57g (10.26%), Magnesium: 27.42mg (6.85%), Vitamin B6: 0.13mg (6.7%), Vitamin A: 307.47IU (6.15%), Zinc: 0.87mg (5.8%), Vitamin B5: 0.55mg (5.52%), Potassium: 183.19mg (5.23%), Vitamin B12: 0.26µg (4.3%), Vitamin D: 0.64µg (4.27%), Vitamin C: 2.65mg (3.21%)