



## Sweet Potato-Corn Bread Fritters

READY IN



45 min.

SERVINGS



10

CALORIES



316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon apple-pie spice
- 1 cup self-rising cornmeal yellow
- 3 large eggs
- 2 cups buttermilk low-fat
- 10 tablespoon blackstrap molasses
- 2.5 cups self-rising flour
- 1 cup sweet potatoes and into diced cooked peeled
- 8 teaspoons vegetable oil

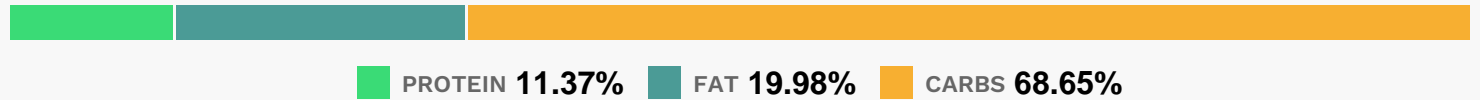
## Equipment

- bowl
- frying pan
- knife
- measuring cup

## Directions

- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, cornmeal, potato, and spice in a large bowl.
- Combine buttermilk and eggs; add to flour mixture, stirring until smooth.
- Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Spoon 2 tablespoons batter per fritter into hot pan; cook 3 minutes on each side or until golden brown. Repeat procedure with remaining oil and batter.
- Serve fritters with molasses.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:29.49, Inflammation Score:-9, Nutrition Score:12.343478316846%

## Nutrients (% of daily need)

Calories: 315.95kcal (15.8%), Fat: 7.03g (10.81%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 51.66g (18.79%), Sugar: 18.2g (20.22%), Cholesterol: 57.72mg (19.24%), Sodium: 108.34mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Vitamin A: 1991.19IU (39.82%), Manganese: 0.7mg (35.14%), Selenium: 22.57µg (32.24%), Magnesium: 83.7mg (20.92%), Vitamin B6: 0.31mg (15.46%), Phosphorus: 151.02mg (15.1%), Potassium: 512.78mg (14.65%), Iron: 2.08mg (11.55%), Calcium: 115.05mg (11.51%), Copper: 0.23mg (11.46%), Vitamin B2: 0.18mg (10.86%), Fiber: 2.65g (10.6%), Vitamin B5: 0.86mg (8.61%), Zinc: 1.25mg (8.35%), Vitamin B1: 0.11mg (7.58%), Vitamin K: 7.09µg (6.75%), Folate: 26.64µg (6.66%), Vitamin B3: 1.01mg (5.03%), Vitamin E: 0.7mg (4.64%), Vitamin B12: 0.24µg (3.99%), Vitamin D: 0.3µg (2%)