



Zucchini Corn Fritters

 Vegetarian

READY IN



19 min.

SERVINGS



24

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup butter melted
- 0.5 teaspoon cumin
- 2 eggs beaten
- 2 cups flour all-purpose
- 1.5 cups regular corn fresh
- 24 servings ground pepper fresh black
- 1 cup milk

- 24 servings oil for frying
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded finely
- 0.5 cup sugar
- 2 cups zucchini grated

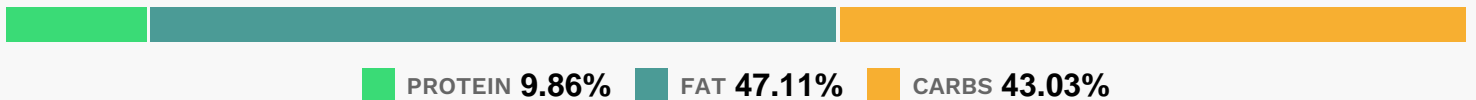
Equipment

- bowl
- frying pan
- paper towels
- whisk
- tongs

Directions

- In a large bowl, stir together flour, baking powder, cumin, sugar, salt, and pepper.
- In a small bowl, whisk together eggs, milk, and butter.
- Whisk wet ingredients into dry ingredients. Stir in zucchini, corn, and cheese; mix well.
- Warm oil in a cast iron skillet over medium-high heat. Drop batter by the tablespoonful into hot oil. Fry until crisp and brown, turning once with tongs.
- Remove to paper towels.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:9.04, Inflammation Score:-2, Nutrition Score:4.1195652484894%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 136.44kcal (6.82%), Fat: 7.28g (11.19%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 14.36g (5.22%), Sugar: 5.53g (6.15%), Cholesterol: 24.65mg (8.22%), Sodium: 159.04mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Selenium: 6.31µg (9.02%), Calcium: 82.09mg (8.21%), Phosphorus: 74.22mg (7.42%), Vitamin B1: 0.11mg (7.3%), Vitamin B2: 0.12mg (7.04%), Folate: 28.15µg (7.04%), Manganese: 0.12mg (6.02%), Vitamin E: 0.65mg (4.34%), Vitamin B3: 0.84mg (4.21%), Iron: 0.74mg (4.09%), Vitamin A: 181.23IU (3.62%), Vitamin C: 2.47mg (2.99%), Vitamin K: 2.99µg (2.84%), Zinc: 0.42mg (2.77%), Magnesium: 10.94mg (2.74%), Potassium: 89.35mg (2.55%), Vitamin B5: 0.25mg (2.49%), Fiber: 0.6g (2.39%), Vitamin B12: 0.14µg (2.36%), Vitamin B6: 0.05mg (2.3%), Copper: 0.03mg (1.59%), Vitamin D: 0.21µg (1.42%)