

Corn and Potato Fritters

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 40 fritters

2 large potatoes
1 can (8 ounce) corn kernels, drained
4 eggs, lightly beaten
6 spring onions, chopped
1/2 cup dry breadcrumbs
1 teaspoon garam masala
3 tablespoons oil
DIPPING SAUCE
2/3 cup natural yogurt
2 tablespoons fresh mint leaves, chopped
2 teaspoons sweet chili sauce

Preparation Time: 15 minutes

Cook Time: 20 minutes

Peel and coarsely grate the potatoes. Drain on paper towels and squeeze out the excess moisture. Combine in a bowl with the corn, eggs, onion, breadcrumbs and garam masala. Mix well.

Heat two tablespoon of the oil in a heavy frying pan. Cook heaped tablespoons of the mixture over medium heat for 2 minutes on each side or until golden. Drain on crumpled paper towels and keep warm.

Repeat until all of the mixture is used, adding extra oil to the pan if necessary.

For the dipping sauce: In a bowl, combine the yogurt, mint and chili sauce.

Per Serving (excluding unknown items): 1228 Calories; 65g Fat (46.5% calories from fat); 43g Protein; 124g Carbohydrate; 12g Dietary Fiber; 848mg Cholesterol; 786mg Sodium. Exchanges: 7 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 10 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1228	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	46.5%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	39.6%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	13.9%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	65g	Folacin (mcg):	261mcg

Saturated Fat (g): 12g
Monounsaturated Fat (g): 33g
Polyunsaturated Fat (g): 13g
Cholesterol (mg): 848mg
Carbohydrate (g): 124g
Dietary Fiber (g): 12g
Protein (g): 43g
Sodium (mg): 786mg
Potassium (mg): 2254mg
Calcium (mg): 338mg
Iron (mg): 12mg
Zinc (mg): 5mg
Vitamin C (mg): 72mg
Vitamin A (i.u.): 1782IU
Vitamin A (r.e.): 361RE

Niacin (mg): 10mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 7 1/2
Lean Meat: 3
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 10 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1228 **Calories from Fat:** 571

% Daily Values*

Total Fat	65g	100%
Saturated Fat	12g	59%
Cholesterol	848mg	283%
Sodium	786mg	33%
Total Carbohydrates	124g	41%
Dietary Fiber	12g	49%
Protein	43g	
Vitamin A		36%
Vitamin C		119%
Calcium		34%
Iron		66%

* Percent Daily Values are based on a 2000 calorie diet.