

# Corn Fritters

*Ruby Green*

*Gourmet Eating in South Carolina - (1985)*

2 eggs  
2 cups cut corn  
1 cup cracker crumbs  
2 teaspoons baking powder  
1/2 teaspoon paprika  
salt (to taste)  
1 teaspoon sugar

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Separate the eggs.

In a bowl, beat the yolks and mix with the corn.

In a bowl, beat the egg whites until stiff. Fold into the corn mixture.

Add enough cracker crumbs to make the mixture stiff enough to form balls.

In a skillet, fry the balls in deep fat until brown.

Drain and serve.

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Per Serving (excluding unknown items): 172 Calories; 10g Fat (52.5% calories from fat); 13g Protein; 8g Carbohydrate; trace Dietary Fiber; 424mg Cholesterol; 1116mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	172
% Calories from Fat:	52.5%
% Calories from Carbohydrates:	18.0%
% Calories from Protein:	29.5%
Total Fat (g):	10g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	424mg
Carbohydrate (g):	8g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	49mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

