

# Bacon-Grits Fritters

*As seen in Southern Living Magazine  
www.MyRecipes.com*

## **Yield: 32 fritters**

*1 cup uncooked quick-cooking grits  
4 cups milk  
1 teaspoon salt  
1 1/2 cups (6 ounce) extra-sharp  
white Cheddar cheese, shredded  
1/2 cup (about eight slices) bacon,  
cooked and finely crumbled  
2 green onions, minced  
1/2 teaspoon freshly ground pepper  
2 large eggs  
1/4 cup water  
3 cups Japanese panko breadcrumbs  
vegetable oil*

Prepare the grits according to package directions using four cups of milk and one teaspoon of salt. Remove from the heat and let stand for 5 minutes.

Stir in the cheese, bacon, green onions and pepper, stirring until the cheese is melted. Spoon the mixture into a lightly-greased eight-inch square baking dish or pan. Chill for four to twenty-four hours.

Roll the grits into 1-1/2-inch balls.

In a bowl, whisk together the eggs and water. Dip the grits balls in the egg wash and roll in the breadcrumbs.

Pour oil to a depth of three inches in a large, heavy skillet. Heat over medium-high heat to 350 degrees. Fry the fritters, in batches, for 3 to 4 minutes or until golden brown. Drain on paper towels. Keep the fritters warm on a wire rack in a pan or 225 degree oven for up to 30 minutes. Serve warm.

Start to Finish Time: 4 hours 40 minutes

*Make ahead: Prepare recipe as directed through Step Four. Cover and chill in a single layer up to 4 hours. Fry as directed.*

*You may also prepare through Step Four and freeze on a baking sheet for 30 minutes or until firm. Transfer to a zip-top plastic bag, and freeze. Cook frozen fritters as directed in Step Five, increasing cooking time to 5 to 6 minutes or until golden and centers are thoroughly heated.*

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Per Serving (excluding unknown items): 1357 Calories; 46g Fat (30.7% calories from fat); 60g Protein; 173g Carbohydrate; 4g Dietary Fiber; 559mg Cholesterol; 2809mg Sodium. Exchanges: 8 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 4 Non-Fat Milk; 7 Fat.

Breakfast

**Calories (kcal):** 1357  
**% Calories from Fat:** 30.7%  
**% Calories from Carbohydrates:** 51.5%  
**% Calories from Protein:** 17.8%  
**Total Fat (g):** 46g  
**Saturated Fat (g):** 24g  
**Monounsaturated Fat (g):** 14g  
**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 559mg  
**Carbohydrate (g):** 173g  
**Dietary Fiber (g):** 4g  
**Protein (g):** 60g  
**Sodium (mg):** 2809mg  
**Potassium (mg):** 1938mg  
**Calcium (mg):** 1262mg  
**Iron (mg):** 9mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 16mg  
**Vitamin A (i.u.):** 1835IU  
**Vitamin A (r.e.):** 523RE

**Vitamin B6 (mg):** .8mg  
**Vitamin B12 (mcg):** 4.8mcg  
**Thiamin B1 (mg):** 1.5mg  
**Riboflavin B2 (mg):** 2.7mg  
**Folacin (mcg):** 408mcg  
**Niacin (mg):** 9mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 8 1/2  
**Lean Meat:** 1 1/2  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 4  
**Fat:** 7  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1357                      **Calories from Fat:** 417

### % Daily Values\*

<b>Total Fat</b>	46g	71%
Saturated Fat	24g	121%
<b>Cholesterol</b>	559mg	186%
<b>Sodium</b>	2809mg	117%
<b>Total Carbohydrates</b>	173g	58%
Dietary Fiber	4g	14%
<b>Protein</b>	60g	
<b>Vitamin A</b>		37%
<b>Vitamin C</b>		27%
<b>Calcium</b>		126%
<b>Iron</b>		51%

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