**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.

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

## **Dar Canving Nutritianal Analysis**

Calories (kcal):	172	Vitamin B6 (mg):	.2mg
% Calories from Fat:	52.5%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	18.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	29.5%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	10g	Folacin (mcg):	49mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):		Alcohol (kcal):	0
	1g	% Dofuso	በ በ%
Cholesterol (mg):	424mg	Food Exchanges	
Carbohydrate (g):	8g	roou Exchanges	

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	13g	Lean Meat:	1 1/2
Sodium (mg):	1116mg	Vegetable:	0
Potassium (mg):	163mg	Fruit:	0
Calcium (mg):	595mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	1/2
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	1185IU		
Vitamin A (r.e.):	209 1/2RE		

## **Nutrition Facts**

Amount Per Serving				
Calories from Fat: 90				
% Daily Values*				
16%				
16%				
141%				
46%				
3%				
1%				
24%				
1%				
59%				
17%				

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