

Cheesy Southern Corn Fritters

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-corn-fritters-recipe>

Ingredients:

- 3 cups corn sweet kernel, fresh, previously frozen, or canned
- 1 cup gluten flour, free 1-to-1 blend
- 1 teaspoon baking powder
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1 1/4 teaspoons salt to taste
- 1/4 teaspoon black pepper
- 1 tablespoon sugar optional
- 1/3 cup cilantro finely chopped
- 2 eggs whisked
- 1/3 cup cashew milk
- 1 cup cheddar shredded cheese, or Monterrey jack
- 3 tablespoons avocado oil
- green onions optional
- sour cream * optional

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 140 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 46 grams
7. SaturatedFat: 9 grams
8. Sodium: 1120 milligrams
9. Sugar: 8 grams

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