

# Corn Fritters

These easy **Corn Fritters** are sweet, delicate, and filling. They can be prepared with fresh, frozen, or canned corn. Simple recipe – great taste!



Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins

Course: Appetizer, Lunch    Cuisine: American

Keyword: Corn Fritter Recipe    Servings: 2 servings    Calories: 369kcal

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4.64 from 52 votes

## Ingredients

- 1/2 cup all-purpose flour
- 1 egg
- 1/4 cup water
- 1 tsp. [baking powder](#)
- 1 tbsp. olive oil
- 1 cup corn kernels fresh or canned
- 1 medium bell pepper seeded and diced
- 1/4 cup chopped parsley
- 1/4 cup chopped chives
- 1/2 tsp. salt or to taste
- 1/2 tsp. pepper or to taste
- olive oil for frying about 3-4 tablespoons

## Instructions

1. Prepare the batter by whisking together the flour, baking powder, egg, and water in a medium bowl. When the batter is smooth, add the olive oil, salt, and pepper and mix well.
2. To the batter, add the corn, bell pepper, parsley, and chives. Mix it well and set aside.
3. Heat up a large, non-stick skillet over medium heat. Pour about 3-4 tablespoons of olive oil onto it. Once the oil is hot, add one heaping tablespoon at a time of the corn mixture, and flatten out the tops slightly to make the fritters even. Cook for 3-4 minutes per side, or until golden brown. If they brown too quickly, reduce the heat.

## Notes

### HOW TO MAKE THESE FRITTERS HEALTHIER

If you'd like to save some calories and make these fritters healthier, I suggest baking them instead of frying. To do that, you can:

**a)** Lightly spray a non-stick muffin tin with oil, and divide the corn mixture between the 12 muffin cups. Bake for about 15 minutes at 350°F.

or

**b)** Lay parchment paper on a cookie sheet and add a heaping tablespoon of the corn mixture. Bake for about 15 minutes at 350°F. Baking these corn fritters on parchment paper means we don't need oil to keep them from sticking.

### **Nutrition**

Calories: 369kcal | Carbohydrates: 45g | Protein: 9g | Fat: 18g | Saturated Fat: 3g | Cholesterol: 82mg | Sodium: 673mg | Potassium: 593mg | Fiber: 4g | Sugar: 5g | Vitamin A: 2868IU | Vitamin C: 90mg | Calcium: 135mg | Iron: 3mg