

Protein-Packed Vegetable Fritter with Sweetcorn

Protein-rich egg fritter loaded with vegetables and balanced with sweetcorn—a blood sugar-friendly meal that keeps you satisfied for hours through smart portion control and protein pairing.

Prep: 15 min Cook: 25 min Total: 40 min Servings: 4 **GL 11.3 / GI 38**

Ingredients

High-quality protein source that stabilizes blood sugar large eggs

Moderate GI; balanced by protein and fiber in recipe sweetcorn kernels in water, drained

Low-glycemic vegetable, adds flavor without sugar impact spring onions, finely sliced

Very low GI, high in fiber and vitamin C green bell pepper, deseeded and diced

Low-glycemic, adds natural sweetness without spiking glucose red bell pepper, deseeded and diced

Low GI, provides lycopene and acidity to slow digestion tomatoes, diced

Optional; capsaicin may improve insulin sensitivity red chilli, deseeded and diced

Concentrated tomato flavor without added sugars tomato purée

Acidity helps moderate glycemic response limes, juiced

Minimal fat for cooking without excess calories low-calorie cooking spray

Leafy greens eaten first help blunt glucose spike rocket leaves, to serve

logifoodcoach.com recipes low glycemic sweetcorn fritter with fresh salsa

Instructions

Step 1

In a large mixing bowl, crack the eggs and whisk them thoroughly until well combined and slightly frothy. Season with freshly ground black pepper to taste.

Step 2

Drain the sweetcorn kernels completely and add them to the beaten eggs. Finely slice half of the spring onions and add them to the egg mixture along with the diced green pepper. Stir everything together until evenly distributed throughout the egg base.

Step 3

Prepare the fresh salsa by combining the diced red pepper, chopped tomatoes, remaining sliced spring onions, and diced red chilli in a separate bowl. In a small dish, whisk together the unsweetened tomato purée and freshly squeezed lime juice until smooth, then fold this mixture into the salsa. Season with black pepper and set aside.

Step 4

Preheat your grill to high heat. Spray a large non-stick frying pan generously with low-calorie cooking spray and place over medium-low heat. Allow the pan to warm for about one minute.

Step 5

Pour the egg and vegetable mixture into the heated pan, spreading it evenly across the surface. Cook undisturbed for 5 to 6 minutes, allowing the bottom to set and turn golden while the top begins to firm up but remains slightly wet.

Step 6

Transfer the pan under the preheated grill and cook for an additional 3 to 4 minutes, watching carefully, until the top is fully set, lightly golden, and cooked through. The fritter should be firm to the touch in the center.

Step 7

Remove the fritter from the pan and let it cool for 5 minutes before slicing into 8 equal wedges. Serve 2 wedges per person with a generous handful of rocket leaves and a spoonful of the fresh salsa on top. This portion size ensures the glycemic load remains low at 11.3 per serving. Store remaining wedges and salsa in separate airtight containers in the refrigerator for up to 3 days for convenient meal prep.

Step 8

For optimal blood sugar control, eat the rocket salad first, followed by the fritter wedges topped with salsa. This eating sequence helps fiber reach your digestive system first, moderating the glucose response from the sweetcorn. If you have strict blood sugar management needs, consider using the zucchini or cauliflower swaps instead of sweetcorn for an even lower glycemic impact.