



Brown Rice and Corn Cakes

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups brown rice cooled cooked
- ☐ 2 eggs beaten
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 cup skim milk
- ☐ 30.5 ounce kernel corn sweet whole drained canned

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0.7 cup flour whole wheat

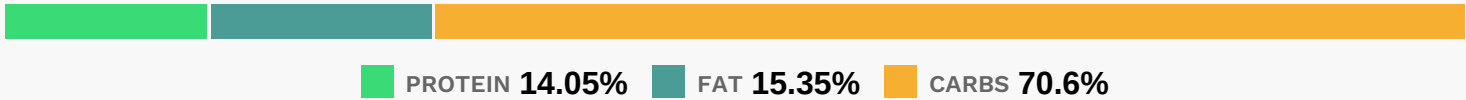
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine corn, rice, milk, eggs, and chives in a large bowl.
- ☐ Mix flour, baking powder, nutmeg, salt, and black pepper together in a separate bowl.
- ☐ Stir flour mixture into corn mixture until well combined.
- ☐ Heat olive oil on a griddle or a large skillet over medium heat.
- ☐ Scoop 1/4-cup portions of corn mixture onto heated griddle. Cook until golden brown, 3 to 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:54.08, Glycemic Load:8.06, Inflammation Score:-4, Nutrition Score:11.734347804733%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 254.17kcal (12.71%), Fat: 4.37g (6.72%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 42.58g (15.48%), Sugar: 1.17g (1.3%), Cholesterol: 55.17mg (18.39%), Sodium: 406.4mg (17.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18.01%), Manganese: 1.36mg (67.93%), Phosphorus: 237.66mg (23.77%), Selenium: 13.17µg (18.81%), Magnesium: 67.96mg (16.99%), Folate: 58.66µg (14.66%), Vitamin B3: 2.69mg (13.46%), Calcium: 128.87mg (12.89%), Vitamin B1: 0.17mg (11.55%), Fiber: 2.66g (10.63%), Zinc: 1.44mg (9.61%), Vitamin B6: 0.19mg (9.48%), Potassium: 325.95mg (9.31%), Iron: 1.57mg (8.73%), Vitamin B2: 0.15mg (8.62%), Copper: 0.17mg (8.32%), Vitamin B5: 0.64mg (6.38%), Vitamin B12: 0.25µg (4.15%), Vitamin C: 3.03mg (3.68%), Vitamin D: 0.52µg (3.45%), Vitamin A: 166.17IU (3.32%), Vitamin K: 2.59µg (2.47%), Vitamin E: 0.25mg (1.68%)