



Caviar and Rhode Island Johnnycakes

 Gluten Free

READY IN



45 min.

SERVINGS



42

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 42 servings caviar
- 1 tablespoon corn oil
- 0.5 cup corn kernels fresh
- 1 cup johnnycake white stone-ground fine
- 0.8 teaspoon kosher salt
- 0.3 cup milk
- 0.8 cup water boiling

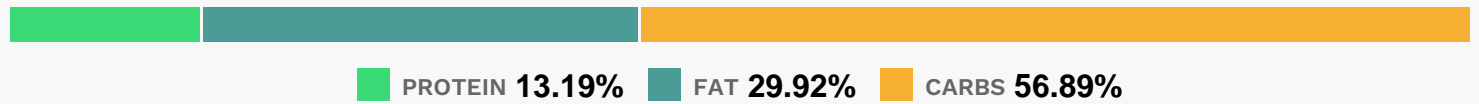
Equipment

- bowl
- frying pan

Directions

- Combine 1 cup cornmeal and salt in a medium bowl.
- Combine 3/4 cup boiling water and milk; add to cornmeal mixture, stirring until blended. Fold in corn.
- Drop mixture by teaspoonfuls, in batches, onto a hot nonstick griddle brushed with oil. Cook until tops are covered with bubbles and edges look done; turn and cook other side. Cool and serve with caviar.
- NOTE: Johnnycake cornmeal may be ordered from Gray's Grist Mill, Inc., in Rhode Island at 508/636-6075

Nutrition Facts



Properties

Glycemic Index:0.9, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.0291304361561%

Nutrients (% of daily need)

Calories: 23.3kcal (1.17%), Fat: 0.79g (1.21%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.26g (0.28%), Cholesterol: 6.11mg (2.04%), Sodium: 57.88mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin B12: 0.21µg (3.51%), Magnesium: 8.65mg (2.16%), Phosphorus: 17.65mg (1.77%), Fiber: 0.43g (1.71%), Iron: 0.27mg (1.51%), Vitamin B5: 0.15mg (1.49%), Manganese: 0.03mg (1.4%), Vitamin B6: 0.03mg (1.4%), Vitamin B1: 0.02mg (1.16%)