



Cheddar Jack & Bacon Corn Cakes

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



128 kcal

SIDE DISH

Ingredients

- 2 Tbsp butter divided softened
- 1 tsp calumet baking powder
- 1 Tbsp cornmeal
- 1 cup flour
- 1 Tbsp chives fresh chopped
- 1 cup corn kernels fresh
- 6 oz take cheddar jack & bacon recipe cheese breadcrumb mix mixed fresh
- 0.5 cup milk

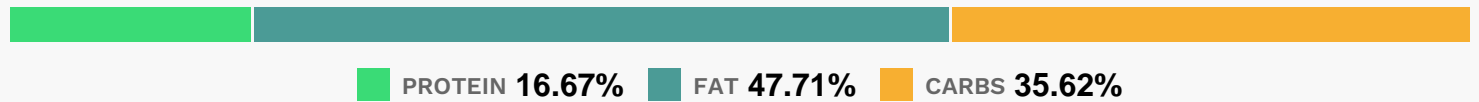
Equipment

- bowl
- frying pan

Directions

- Mix flour, cornmeal and baking powder in medium bowl until blended.
- Add 1 Tbsp. butter, milk and corn; mix well.
- Melt remaining butter in medium skillet on medium heat.
- Pour cheese mixture into shallow dish. Drop tablespoonfuls of cornmeal batter, 1 at a time, in cheese mixture, turning to evenly coat.
- Add, in batches, to skillet; cook 1 to 2 min. on each side or until firm to the touch.
- Sprinkle with chives.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:6.43, Inflammation Score:-3, Nutrition Score:4.2586956335151%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 127.75kcal (6.39%), Fat: 6.86g (10.55%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 10.91g (3.97%), Sugar: 1.36g (1.51%), Cholesterol: 18.92mg (6.31%), Sodium: 150.36mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Calcium: 145.38mg (14.54%), Phosphorus: 106.93mg (10.69%), Selenium: 5.93µg (8.47%), Vitamin B2: 0.13mg (7.6%), Vitamin B1: 0.11mg (7.41%), Folate: 27.31µg (6.83%), Manganese: 0.1mg (4.95%), Vitamin B3: 0.88mg (4.38%), Vitamin A: 218.1IU (4.36%), Zinc: 0.62mg (4.17%), Iron: 0.72mg (4.02%), Magnesium: 12.97mg (3.24%), Vitamin B12: 0.18µg (2.94%), Fiber: 0.61g (2.43%), Potassium: 74.58mg (2.13%), Vitamin B5: 0.21mg (2.08%), Vitamin B6: 0.04mg (1.93%), Copper: 0.03mg (1.43%), Vitamin D:

0.2µg (1.31%), Vitamin C: 0.97mg (1.17%), Vitamin K: 1.15µg (1.1%)