



Cheesy corn cakes

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 175 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 2 eggs
- ☐ 125 ml milk
- ☐ 198 g regular corn drained canned
- ☐ 100 g cheddar cheese grated
- ☐ 2 tbsp chives chopped
- ☐ 2 tsp unrefined sunflower oil

- ☐ 2 tomatoes ripe finely chopped
- ☐ 2 tbsp catsup organic

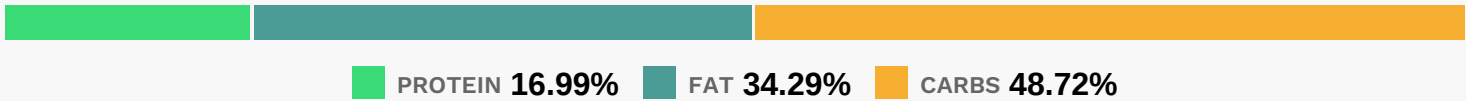
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Mix the tomatoes and ketchup for the salsa dip in a bowl and set aside.
- ☐ In another bowl, whisk the flour, baking powder, eggs and milk until smooth. Stir in the sweetcorn, cheese and chives. Season well.
- ☐ Heat half the oil in a non-stick frying pan.
- ☐ Add six spoonfuls of the mixture to the pan and flatten out slightly with the back of the spoon, keeping them separate. Cook for 1 minutes over a medium heat until golden. Turn and cook the other side, then remove from the pan and keep warm while you make six more corn cakes with the remaining oil and mixture.
- ☐ Serve with the salsa dip.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:9.11, Inflammation Score:-3, Nutrition Score:5.1282608509064%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 132.95kcal (6.65%), Fat: 5.16g (7.94%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 15.48g (5.63%), Sugar: 2.52g (2.8%), Cholesterol: 36.9mg (12.3%), Sodium: 136.82mg (5.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.51%), Selenium: 10.66µg (15.23%), Phosphorus: 104.73mg (10.47%), Calcium: 104.38mg (10.44%), Manganese: 0.17mg (8.72%), Vitamin A: 391.26IU (7.83%), Vitamin B2: 0.11mg (6.61%), Vitamin C: 4.12mg (5%), Zinc: 0.71mg (4.75%), Vitamin E: 0.68mg (4.53%), Folate: 17.66µg (4.41%), Fiber: 1.01g (4.06%), Potassium: 141.31mg (4.04%), Vitamin B5: 0.4mg (4.03%), Magnesium: 15.29mg (3.82%), Vitamin B6: 0.07mg (3.73%), Vitamin B12: 0.21µg (3.53%), Vitamin B1: 0.05mg (3.11%), Vitamin B3: 0.61mg (3.05%), Vitamin K: 3.17µg (3.02%), Copper: 0.06mg (2.9%), Iron: 0.46mg (2.57%), Vitamin D: 0.31µg (2.1%)