



## Chile-Corn Griddle Cakes

READY IN



18 min.

SERVINGS



10

CALORIES



134 kcal

### Ingredients

- 10 servings butter
- 0.5 cup buttermilk
- 4.5 oz chilis green undrained chopped canned
- 1 cup corn frozen thawed
- 1 cup self-rising corn meal mix
- 0.3 teaspoon ground cumin
- 1 tablespoon vegetable oil
- 0.5 cup water boiling

### Equipment

frying pan

whisk

## Directions

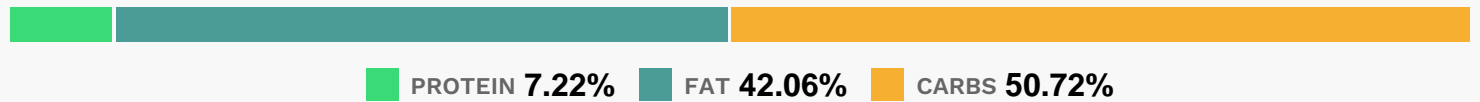
Whisk together first 7 ingredients, whisking just until dry ingredients are moistened. (Batter will be thin.)

Spoon batter by level 1/4 cupfuls onto a hot (37

greased griddle or a greased nonstick skillet over medium-high heat. Cook, in batches, 3 to 4 minutes or until tops are covered with bubbles and edges look slightly dry and cooked; turn and cook until done.

Serve with butter.

## Nutrition Facts



## Properties

Glycemic Index:8.6, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:5.0313043464785%

## Nutrients (% of daily need)

Calories: 133.51kcal (6.68%), Fat: 6.47g (9.96%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 15.8g (5.75%), Sugar: 0.59g (0.66%), Cholesterol: 12.07mg (4.02%), Sodium: 321.13mg (13.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Folate: 59.12µg (14.78%), Phosphorus: 138.08mg (13.81%), Vitamin B1: 0.15mg (9.71%), Calcium: 71.9mg (7.19%), Fiber: 1.76g (7.02%), Vitamin C: 5.55mg (6.73%), Vitamin B2: 0.11mg (6.73%), Iron: 1.16mg (6.45%), Vitamin B3: 1.26mg (6.28%), Manganese: 0.12mg (5.8%), Vitamin B6: 0.12mg (5.75%), Vitamin A: 210.91IU (4.22%), Magnesium: 16.57mg (4.14%), Potassium: 116.41mg (3.33%), Zinc: 0.42mg (2.78%), Vitamin K: 2.89µg (2.75%), Copper: 0.04mg (1.87%), Vitamin B5: 0.18mg (1.75%), Vitamin E: 0.24mg (1.58%), Vitamin B12: 0.06µg (1.06%), Vitamin D: 0.16µg (1.04%)