



Corn and Parsnip Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter divided
- ☐ 15.3 ounce whole-kernel corn drained canned
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 4 ounces parsnips chopped
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon sugar

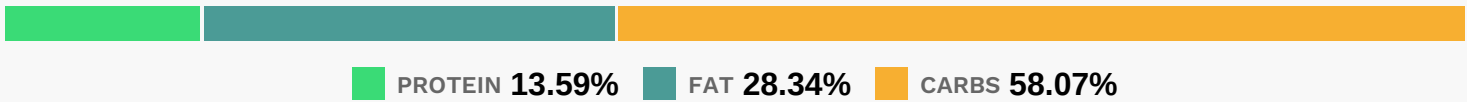
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Cook parsnip in boiling water 12 minutes or until very tender; drain. Cool to room temperature.
- ☐ Place corn in a food processor; pulse 3 to 4 times or until chopped. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add parsnip, flour, and next 4 ingredients (flour through eggs). Pulse 3 to 4 times or until combined. Stir in chives.
- ☐ Heat 1 teaspoon butter in a large nonstick skillet over medium-high heat. Drop batter by heaping tablespoonfuls to form 6 cakes. Cook 2 minutes on each side or until golden brown. Repeat procedure with remaining butter and batter.

Nutrition Facts



Properties

Glycemic Index:48.68, Glycemic Load:6.52, Inflammation Score:-3, Nutrition Score:6.4473912819572%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 141.06kcal (7.05%), Fat: 4.69g (7.21%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 19.04g (6.92%), Sugar: 6.69g (7.43%), Cholesterol: 67.8mg (22.6%), Sodium: 386.86mg (16.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Folate: 60.95µg (15.24%), Manganese: 0.24mg (12.19%), Selenium: 8.53µg (12.19%), Vitamin B2: 0.2mg (12%), Fiber: 2.57g (10.27%), Phosphorus: 96.96mg (9.7%),

Vitamin B1: 0.11mg (7.28%), Vitamin B5: 0.69mg (6.94%), Vitamin B3: 1.29mg (6.44%), Potassium: 212.3mg (6.07%),
Vitamin C: 4.68mg (5.67%), Vitamin K: 5.57µg (5.31%), Iron: 0.93mg (5.18%), Magnesium: 19.72mg (4.93%), Zinc:
0.66mg (4.39%), Vitamin A: 212.53IU (4.25%), Vitamin B6: 0.08mg (3.98%), Vitamin E: 0.58mg (3.89%), Copper:
0.07mg (3.51%), Vitamin B12: 0.2µg (3.41%), Calcium: 32.3mg (3.23%), Vitamin D: 0.33µg (2.22%)