



Corn Cake Breakfast Stacks with Maple Butter

READY IN



35 min.

SERVINGS



4

CALORIES



1633 kcal

SIDE DISH

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 0.5 pound butter softened
- ☐ 3 tablespoons butter melted
- ☐ 1.5 cups buttermilk
- ☐ 1 cup corn kernels fresh sweet
- ☐ 4 large eggs
- ☐ 2 granny smith apples cored sliced

- ☐ 4 servings ground cinnamon to taste
- ☐ 0.5 cup amber maple syrup dark
- ☐ 0.5 cup amber maple syrup dark warmed
- ☐ 4 servings mint leaves for garnish, if desired
- ☐ 1 teaspoon salt
- ☐ 4 servings salt
- ☐ 2 tablespoons sugar
- ☐ 8 strips bacon smoked thick-cut
- ☐ 1 cup cornmeal yellow

Equipment

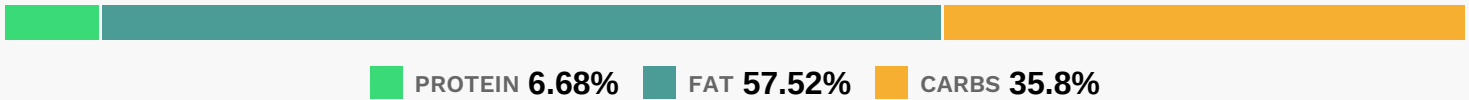
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ For the corncakes, whisk together eggs, buttermilk and melted butter in a medium mixing bowl. Stir in corn kernels. Sift together cornmeal, flour, sugar, salt, and baking powder.
- ☐ Add the dry ingredients to the buttermilk-corn mixture and stir until just combined.
- ☐ Let stand for 20 minutes in a cool place.
- ☐ For the maple butter: blend the softened butter with 1/2 cup maple syrup in a small bowl and set aside.
- ☐ Preheat the oven to 250 degrees F. In a 10-inch nonstick skillet, brown the bacon strips.
- ☐ Drain them on paper towels and transfer to a cookie sheet.

- ☐ Sprinkle the apple slices with cinnamon and salt to taste. Sear them in bacon renderings until golden brown and place them on the sheet pan with the bacon. Wipe out your skillet and return to medium heat.
- ☐ Add just enough butter to coat the bottom of the skillet and ladle 1/4 cup corn batter.
- ☐ Let cook until the edges of the pancake start to brown and bubbles appear on the surface, about 2 minutes. Flip, cook another 2 minutes, then transfer to the cookie sheet with the apples and the bacon. Repeat until you have a dozen corncakes.
- ☐ Place the cookie sheet and your serving plates in the oven until everything is warm, about 4 minutes. On each plate, place 1 corn cake, top that with 2 strips of bacon, another corn cake, 2 slices of apple and another corn cake. Top with maple butter and drizzle the plate with some of the warmed maple syrup.
- ☐ Garnish with a sprig of mint, powdered sugar and a few fresh berries if you desire.

Nutrition Facts



Properties

Glycemic Index:149.15, Glycemic Load:63.52, Inflammation Score:-9, Nutrition Score:34.863043453382%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 1633.01kcal (81.65%), Fat: 105.65g (162.53%), Saturated Fat: 55.29g (345.59%), Carbohydrates: 147.97g (49.32%), Net Carbohydrates: 139.42g (50.7%), Sugar: 79.15g (87.95%), Cholesterol: 418.4mg (139.47%), Sodium: 2062.84mg (89.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.22%), Manganese: 2.79mg (139.39%), Vitamin B2: 1.73mg (101.77%), Selenium: 47.31µg (67.59%), Vitamin A: 2601.82IU (52.04%), Vitamin B1: 0.75mg (50.33%), Phosphorus: 487.36mg (48.74%), Fiber: 8.55g (34.21%), Calcium: 335.06mg (33.51%), Vitamin B3: 6.69mg (33.46%), Vitamin B6: 0.63mg (31.69%), Folate: 119.22µg (29.8%), Zinc: 4.17mg (27.78%), Magnesium:

111.03mg (27.76%), Potassium: 899.66mg (25.7%), Iron: 4.53mg (25.16%), Vitamin B5: 2.29mg (22.94%), Vitamin B12: 1.36µg (22.62%), Vitamin E: 3.19mg (21.25%), Vitamin D: 2.46µg (16.39%), Copper: 0.28mg (14.13%), Vitamin K: 9.03µg (8.6%), Vitamin C: 6.73mg (8.15%)