



## Corn Cake with Dried Cranberries

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons cranberries dried coarsely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup cornmeal stone-ground
- ☐ 3 tablespoons brown sugar light packed ()
- ☐ 4 servings butter and maple syrup unsalted softened for serving
- ☐ 0.8 cup milk
- ☐ 4 servings salt

☐ 2 tablespoons vegetable oil

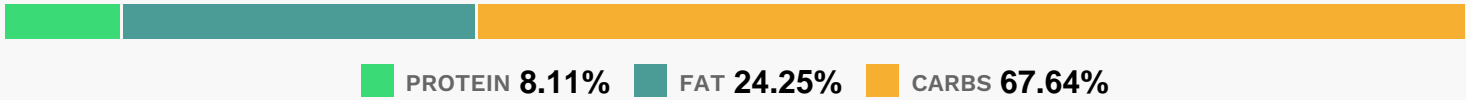
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

## Directions

- ☐ In a bowl, stir together the flour, cornmeal, brown sugar and a pinch of salt. Stir in the cranberries. In another bowl, mix the egg with the milk and 1 tablespoon of the oil.
- ☐ Pour the egg mixture into the dry ingredients and stir gently just until combined; do not overmix.
- ☐ In an 8- or 9-inch skillet, heat 1/2 tablespoon of the oil until shimmering. Scrape the batter into the skillet, smoothing the surface. Cover partially and cook over moderately low heat until the corn cake has browned on the bottom and bubbles have formed on the surface, about 5 minutes. Using a large metal spatula, transfer the cake to a dinner plate.
- ☐ Add the remaining 1/2 tablespoon of oil to the skillet. Gently invert the cake into the skillet, partially cover and cook until the cake is just cooked through and the top springs back when lightly pressed, about 5 minutes longer.
- ☐ Serve hot, with butter and maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:54.5, Glycemic Load:31.63, Inflammation Score:-4, Nutrition Score:12.25086948227%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 406.81kcal (20.34%), Fat: 11.01g (16.94%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 69.08g (23.03%), Net Carbohydrates: 65.97g (23.99%), Sugar: 28.8g (32%), Cholesterol: 51.99mg (17.33%), Sodium: 235.04mg (10.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.57%), Manganese: 0.83mg (41.6%), Vitamin B2: 0.55mg (32.31%), Selenium: 16.65µg (23.78%), Vitamin B1: 0.35mg (23.32%), Folate: 69.91µg (17.48%), Phosphorus: 150.39mg (15.04%), Iron: 2.38mg (13.23%), Vitamin K: 13.38µg (12.75%), Fiber: 3.11g (12.44%), Vitamin B3: 2.46mg (12.3%), Magnesium: 40.45mg (10.11%), Calcium: 99.22mg (9.92%), Vitamin B6: 0.19mg (9.34%), Zinc: 1.33mg (8.9%), Potassium: 243.99mg (6.97%), Vitamin B5: 0.65mg (6.46%), Vitamin E: 0.96mg (6.4%), Vitamin B12: 0.36µg (5.97%), Copper: 0.11mg (5.58%), Vitamin D: 0.75µg (5.02%), Vitamin A: 141.62IU (2.83%)