



Corn Cakes

 Vegetarian

READY IN



26 min.

SERVINGS



12

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 2 cups buttermilk
- ☐ 3 ounces corn oil
- ☐ 1 cup roasted cornmeal yellow fine ground cornmeal
- ☐ 2 eggs
- ☐ 2 cups corn kernels fresh
- ☐ 1 cup self-rising flour
- ☐ 4 tablespoons sugar

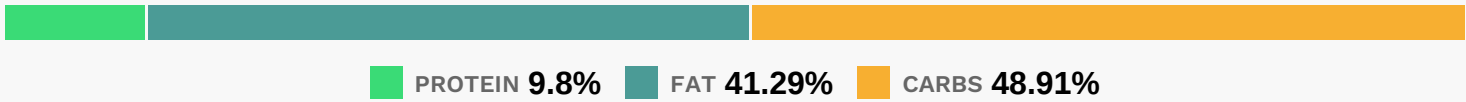
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place cornmeal, flour, and sugar in a bowl and mix together. In a separate bowl, combine eggs, buttermilk, corn oil, and fresh corn and mix together
- ☐ Fold mixtures together.
- ☐ Place 4 ounces of pancake mix onto a hot griddle. Cook on medium high heat for 4 minutes on each side, until cooked through.

Nutrition Facts



Properties

Glycemic Index:19.72, Glycemic Load:14.06, Inflammation Score:-3, Nutrition Score:5.9539130459661%

Nutrients (% of daily need)

Calories: 222.61kcal (11.13%), Fat: 10.4g (16%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 25.74g (9.36%), Sugar: 7.72g (8.58%), Cholesterol: 31.68mg (10.56%), Sodium: 56.82mg (2.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Selenium: 8.83µg (12.62%), Phosphorus: 109.94mg (10.99%), Manganese: 0.21mg (10.53%), Vitamin E: 1.26mg (8.43%), Vitamin B2: 0.13mg (7.94%), Fiber: 1.98g (7.92%), Magnesium: 30.6mg (7.65%), Vitamin B1: 0.11mg (7.15%), Vitamin B6: 0.13mg (6.57%), Folate: 23.54µg (5.88%), Zinc: 0.86mg (5.72%), Vitamin B5: 0.56mg (5.62%), Calcium: 52.99mg (5.3%), Potassium: 182.53mg (5.22%), Vitamin B3: 0.9mg (4.5%), Vitamin D: 0.67µg (4.44%), Iron: 0.76mg (4.21%), Vitamin B12: 0.25µg (4.15%), Copper: 0.08mg (3.98%), Vitamin K: 3.26µg (3.11%), Vitamin A: 151IU (3.02%), Vitamin C: 1.64mg (1.99%)