

Corn Griddle Cakes with Sausage







Ingredients

0.3 teaspoon double-acting baking powder
O.5 teaspoon baking soda
7 ounces diestel breakfast sausage
1.3 cups buttermilk
1 pinch ground pepper
2 large eggs
1.5 cups ears corn fresh frozen thawed (or ,)
0.5 cup honey
1 teaspoon kosher salt

1.5 tablespoons orange zest finely grated

	1 teaspoon peppercorns black	
	6 spring onion chopped	
	1 tablespoon sugar	
	6 tablespoons butter unsalted ()	
	0.5 cup flour whole wheat	
	1 cup cornmeal yellow	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	whisk	
	slotted spoon	
Directions		
	Melt butter in asmall saucepan over low heat.	
	Whisk inhoney and orange zest. Season to taste withsalt and pepper. Cover and keep warm.	
	Melt butter in a smallsaucepan over medium heat. Spoon milksolids from surface and discard	
	Pourclarified butter into a small glass measuringcup (there should be about 1/4 cup), leavingany browned bits behind; set aside.(Alternatively, use 1/4 cup grapeseed oil.)	
	Cook sausage in a 10" cast-iron skilletor other large heavy nonstick skillet overmedium heat, breaking up into small pieceswith the back of a spoon, until brownedand cooked through, about 8 minutes. Using a slotted spoon, transfer sausage to a smallbowl.	
	Add corn to same skillet and cookover medium-high heat, stirring often, untilbrowned, 5–6 minutes.	
	Transfer corn tobowl with sausage and let cool. Wipe skilletclean and reserve.	
	Whisk cornmeal and next 7 ingredients ina medium bowl.	
	Whisk buttermilk and eggsin a large bowl; add dry ingredients andwhisk until just combined. Fold in sausage,corn, and scallions.	

	Nutrition Facts
	Serve warm drizzled withorange-honey butter.
	Transfer cakes to papertowels to drain.
	golden brown, 2–3 minutes. Turn cakes over and cook until browned, 1–2 minutes longer.
Ш	needed between batches, add batterto pan by tablespoonfuls. Cook until cakesare crisp and
	Heat 1 tablespoon clarified butter in reservedskillet; working in batches and adding butteras

PROTEIN 10.61% FAT 42.84% CARBS 46.55%

Properties

Glycemic Index:43.79, Glycemic Load:15.68, Inflammation Score:-5, Nutrition Score:9.5873913142992%

Flavonoids

Kaempferol: O.1mg, Kaempferol: O.1mg, Kaempferol: O.1mg, Kaempferol: O.1mg Quercetin: O.77mg, Quercetin: O.77mg, Quercetin: O.77mg, Quercetin: O.77mg

Nutrients (% of daily need)

Calories: 314.13kcal (15.71%), Fat: 15.44g (23.75%), Saturated Fat: 7.21g (45.09%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 34.75g (12.63%), Sugar: 18.43g (20.47%), Cholesterol: 72.85mg (24.28%), Sodium: 476.68mg (20.73%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.6g (17.2%), Manganese: 0.47mg (23.44%), Vitamin K: 16.63µg (15.84%), Phosphorus: 157.11mg (15.71%), Selenium: 9.28µg (13.25%), Vitamin B1: 0.19mg (12.68%), Fiber: 3g (12.01%), Vitamin B6: 0.24mg (11.94%), Magnesium: 43.2mg (10.8%), Vitamin B3: 2.12mg (10.59%), Vitamin B2: 0.18mg (10.3%), Zinc: 1.5mg (10.03%), Vitamin A: 451.64lU (9.03%), Iron: 1.45mg (8.07%), Potassium: 273.97mg (7.83%), Folate: 29.13µg (7.28%), Vitamin B5: 0.72mg (7.24%), Vitamin B12: 0.41µg (6.83%), Vitamin D: 0.97µg (6.49%), Calcium: 62.98mg (6.3%), Copper: 0.12mg (6.15%), Vitamin C: 4.29mg (5.2%), Vitamin E: 0.52mg (3.5%)