



Corn Griddle Cakes with Sausage

READY IN



45 min.

SERVINGS



10

CALORIES



314 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 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

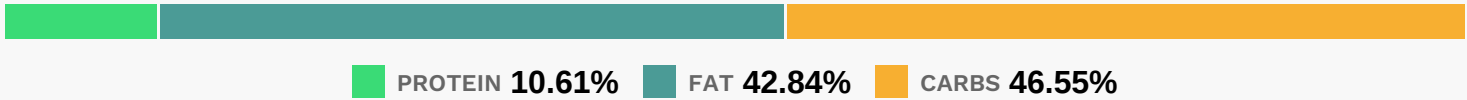
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Melt butter in a small saucepan over low heat.
- ☐ Whisk in honey and orange zest. Season to taste with salt and pepper. Cover and keep warm.
- ☐ Melt butter in a small saucepan over medium heat. Spoon milk solids from surface and discard.
- ☐ Pour clarified butter into a small glass measuring cup (there should be about 1/4 cup), leaving any browned bits behind; set aside. (Alternatively, use 1/4 cup grapeseed oil.)
- ☐ Cook sausage in a 10" cast-iron skillet or other large heavy nonstick skillet over medium heat, breaking up into small pieces with the back of a spoon, until browned and cooked through, about 8 minutes. Using a slotted spoon, transfer sausage to a small bowl.
- ☐ Add corn to same skillet and cook over medium-high heat, stirring often, until browned, 5–6 minutes.
- ☐ Transfer corn to bowl with sausage and let cool. Wipe skillet clean and reserve.
- ☐ Whisk cornmeal and next 7 ingredients in a medium bowl.
- ☐ Whisk buttermilk and eggs in a large bowl; add dry ingredients and whisk until just combined. Fold in sausage, corn, and scallions.

- ☐ Heat 1 tablespoon clarified butter in reserved skillet; working in batches and adding butter as needed between batches, add batter to pan by tablespoonfuls. Cook until cakes are crisp and golden brown, 2–3 minutes. Turn cakes over and cook until browned, 1–2 minutes longer.
- ☐ Transfer cakes to paper towels to drain.
- ☐ Serve warm drizzled with orange–honey butter.

Nutrition Facts



Properties

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

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

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: 0g (100%), Alcohol %: 0% (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: 451.64IU (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%)