



Corn Pancakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 th tsp baking powder
- ☐ 25 g butter melted
- ☐ 1 leaves optional: 2 chillies green chopped finely
- ☐ 100 g masa
- ☐ 1 kernels from ear of corn fresh
- ☐ 3 eggs separated
- ☐ 1 tbsp maple syrup (or honey)
- ☐ 100 ml milk

☐ 0.5 tsp salt

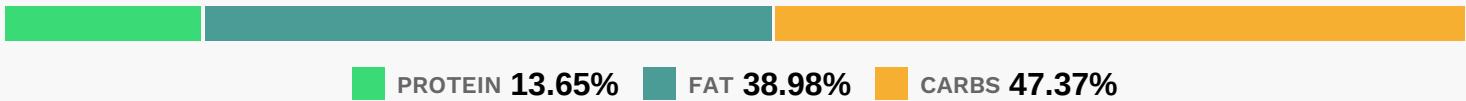
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ In a small saucepan, heat the butter with the milk, until the butter is melted.
- ☐ Add the maple syrup.In a bowl, whisk together the corn flour, baking powder and salt in a large bowl. Make a well in the centre, add the 3 egg yolks and the milk mixture.
- ☐ Whisk to combine.In another large bowl, whisk the 3 egg whited until they form firm peaks. Fold them into the corn mixture a third at a time, until everything is incorporated.Fold in the fresh corn, chopped coriander leaves and chillies, if using.
- ☐ Heat a pan, add a little butter or oil and pour in a ladle of pancake batter (approximately 50-60ml). Cook on a low heat until the edges aren't liquidy and flip over to brown the other side.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:0.87, Inflammation Score:-2, Nutrition Score:4.0934782391009%

Nutrients (% of daily need)

Calories: 115.87kcal (5.79%), Fat: 5.15g (7.92%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 13.05g (4.75%), Sugar: 3.09g (3.43%), Cholesterol: 69.65mg (23.22%), Sodium: 206.66mg (8.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Selenium: 7.16µg (10.23%), Phosphorus: 85.26mg (8.53%), Vitamin B2: 0.14mg (8.49%), Manganese: 0.14mg (6.86%), Vitamin B6: 0.11mg (5.29%), Calcium: 51.4mg (5.14%), Magnesium: 19.93mg (4.98%), Vitamin A: 209.74IU (4.19%), Fiber: 1.03g (4.12%), Vitamin B5: 0.41mg

(4.09%), Vitamin B1: 0.06mg (4.06%), Folate: 16.2µg (4.05%), Zinc: 0.56mg (3.75%), Vitamin B12: 0.22µg (3.7%), Potassium: 111.78mg (3.19%), Vitamin D: 0.47µg (3.15%), Iron: 0.55mg (3.03%), Vitamin B3: 0.43mg (2.16%), Copper: 0.04mg (2.04%), Vitamin E: 0.28mg (1.83%)