



Corn Pancakes with Smoked Salmon and Lemon-Chive Cream

READY IN



32 min.

SERVINGS



6

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons butter melted
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.3 cups ears corn fresh divided (3 ears)
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt

- ☐ 1 teaspoon lemon zest fresh grated
- ☐ 0.7 cup buttermilk low-fat
- ☐ 6 ounces salmon thin
- ☐ 0.3 cup cream light sour
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup cornmeal yellow

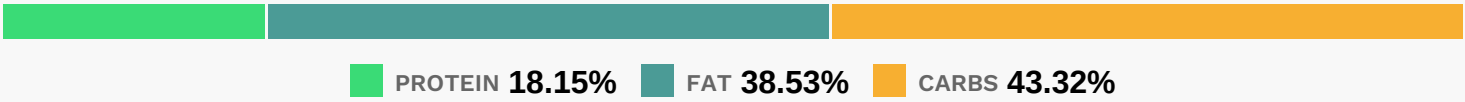
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Combine first 3 ingredients in a small bowl; chill.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients (through pepper) in a medium bowl.
- ☐ Combine 1 cup corn kernels, buttermilk, butter, and egg in a blender; process until coarsely pureed.
- ☐ Add pureed corn mixture to flour mixture, stirring until just combined. Fold in remaining 1/4 cup corn.
- ☐ Pour about 2 tablespoons batter per pancake onto a hot nonstick griddle or nonstick skillet; spread gently with a spatula. Cook 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 3 minutes or until bottoms are lightly browned. Arrange 2 pancakes on each of 6 plates; top each pancake with 1 slice salmon and 1 teaspoon lemon-chive cream.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.77, Glycemic Load:11.99, Inflammation Score:-5, Nutrition Score:10.730434853098%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 236.91kcal (11.85%), Fat: 10.3g (15.85%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 23.86g (8.68%), Sugar: 4.16g (4.62%), Cholesterol: 56.99mg (19%), Sodium: 474.36mg (20.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Vitamin D: 5.03µg (33.56%), Selenium: 17.17µg (24.53%), Vitamin B12: 1.11µg (18.49%), Phosphorus: 163.9mg (16.39%), Vitamin B3: 2.86mg (14.29%), Vitamin B1: 0.19mg (12.84%), Vitamin B2: 0.2mg (12%), Folate: 44.47µg (11.12%), Vitamin B6: 0.22mg (10.9%), Manganese: 0.22mg (10.89%), Magnesium: 38.32mg (9.58%), Fiber: 2.2g (8.81%), Iron: 1.47mg (8.16%), Vitamin A: 406.08IU (8.12%), Vitamin B5: 0.8mg (8.01%), Potassium: 263.11mg (7.52%), Copper: 0.14mg (7.06%), Zinc: 0.99mg (6.61%), Calcium: 58.37mg (5.84%), Vitamin E: 0.77mg (5.11%), Vitamin C: 3.45mg (4.18%), Vitamin K: 2.93µg (2.79%)