



Cornmeal Cakes with Smoked Chicken and Coleslaw

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

Ingredients

- ☐ 2 avocado sliced
- ☐ 0.5 cup barbecue sauce
- ☐ 2 tablespoons butter melted
- ☐ 1 pound chicken smoked chopped
- ☐ 1 pt coleslaw mix prepared
- ☐ 6 oz just-add-water cornbread mix
- ☐ 1 cup ears corn fresh (2 ears)
- ☐ 0.7 cup milk

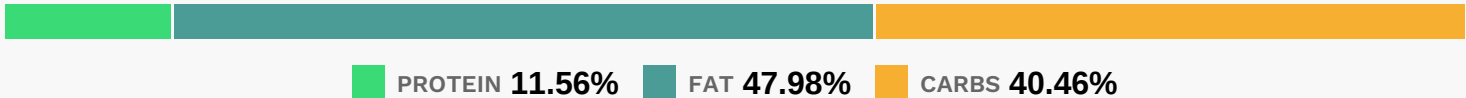
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir together first 3 ingredients in a small bowl until smooth. Stir in corn kernels. Drop mixture by 1/4 cupfuls for each cornmeal cake onto a hot, lightly greased griddle or large nonstick skillet. Cook over medium heat 3 to 4 minutes on each side or until golden.
- ☐ Divide coleslaw among cornmeal cakes; layer with chicken, barbecue sauce, and avocado slices.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:20.205652185108%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 434.94kcal (21.75%), Fat: 23.98g (36.89%), Saturated Fat: 6.89g (43.04%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 36.5g (13.27%), Sugar: 19.46g (21.63%), Cholesterol: 41.07mg (13.69%), Sodium: 565.32mg (24.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13g (26%), Vitamin K: 76.88µg (73.22%), Vitamin C: 37.96mg (46.01%), Fiber: 9g (36%), Folate: 127.49µg (31.87%), Phosphorus: 302.09mg (30.21%), Vitamin B3: 5.37mg (26.83%), Vitamin B6: 0.49mg (24.52%), Potassium: 721.96mg (20.63%), Vitamin B1: 0.29mg (19.61%), Manganese: 0.39mg (19.4%), Vitamin B5: 1.88mg (18.83%), Vitamin B2: 0.3mg (17.94%), Magnesium: 58.34mg (14.59%), Vitamin E: 1.99mg (13.26%), Selenium: 8.33µg (11.91%), Iron: 2.05mg (11.41%), Copper: 0.21mg (10.71%), Vitamin A: 517.63IU (10.35%), Calcium: 102.55mg (10.26%), Zinc: 1.47mg (9.83%), Vitamin B12: 0.29µg (4.87%), Vitamin D: 0.37µg (2.47%)