



Cornmeal Griddle Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



232 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 large eggs lightly beaten
- 12 servings maple syrup
- 1 cup milk
- 0.5 teaspoon salt
- 0.5 cup cream sour
- 1 cup cornmeal white yellow stone-ground sifted finely

- 0.3 cup sugar
- 0.3 cup vegetable oil
- 1 cup flour whole wheat

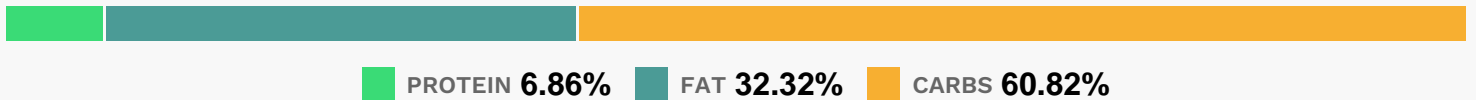
Equipment

- bowl
- frying pan

Directions

- Combine first 6 ingredients in a large bowl until well blended.
- Combine egg, milk, sour cream, and oil in a separate bowl; add to dry ingredients, stirring just until moistened.
- Pour about 1/4 cup batter for each cake onto a hot griddle coated with cooking spray.
- Spread batter to about a 4-inch diameter using back of a spoon. Cook 1 1/2 to 2 minutes or until edges start looking dry; turn and cook 1 to 2 more minutes or until desired degree of doneness.
- Serve cakes warm with honey or maple syrup.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:13.99, Inflammation Score:-2, Nutrition Score:7.9217390952551%

Nutrients (% of daily need)

Calories: 232.29kcal (11.61%), Fat: 8.49g (13.06%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 33.64g (12.23%), Sugar: 17.71g (19.68%), Cholesterol: 23.59mg (7.86%), Sodium: 224.95mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Manganese: 0.96mg (47.76%), Vitamin B2: 0.35mg (20.4%), Selenium: 9.02µg (12.89%), Phosphorus: 105.23mg (10.52%), Fiber: 2.32g (9.26%), Magnesium: 36.02mg (9.01%), Vitamin K: 8.79µg (8.37%), Vitamin B1: 0.12mg (7.87%), Calcium: 72.91mg (7.29%), Vitamin B6: 0.14mg (7.11%), Zinc: 0.98mg (6.53%), Potassium: 172.33mg (4.92%), Iron: 0.88mg (4.89%), Vitamin B3: 0.87mg (4.36%), Copper: 0.08mg (3.92%), Vitamin E: 0.58mg (3.88%), Vitamin B5: 0.31mg (3.11%), Folate: 11.44µg (2.86%), Vitamin B12: 0.17µg (2.78%), Vitamin A: 116.04IU (2.32%), Vitamin D: 0.31µg (2.05%)