



Cornmeal Pancakes with Chili Topping

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup baking mix
- ☐ 0.5 cup cornmeal yellow
- ☐ 1 cup milk
- ☐ 1 eggs
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 15 ounces chili beans sauce undrained canned
- ☐ 0.8 cup salsa
- ☐ 0.5 cup corn whole frozen

- ☐ 1 serving cream sour
- ☐ 1 serving spring onion sliced

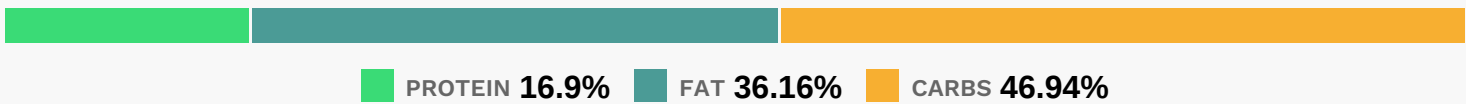
Equipment

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

Directions

- ☐ Spray nonstick skillet or griddle with cooking spray.
- ☐ Heat skillet over medium heat or griddle to 375°. Beat baking mix, cornmeal, milk and egg in medium bowl with wire whisk until well blended. Stir in cheese.
- ☐ Pour batter by 1/4 cupfuls onto hot skillet. Cook until puffed and dry around edges. Turn; cook until golden brown.
- ☐ While pancakes are cooking, mix beans, salsa and corn in 2-quart saucepan. Cook over medium heat about 5 minutes, stirring occasionally, until heated through.
- ☐ Serve pancakes topped with bean mixture. Top with sour cream and onions.

Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:4.97, Inflammation Score:-5, Nutrition Score:10.157825957174%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 239.09kcal (11.95%), Fat: 9.64g (14.83%), Saturated Fat: 4.27g (26.66%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 24.29g (8.83%), Sugar: 6.79g (7.54%), Cholesterol: 39.4mg (13.13%), Sodium: 817.19mg (35.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Phosphorus: 289.71mg (28.97%),

Calcium: 187.09mg (18.71%), Vitamin B2: 0.28mg (16.48%), Fiber: 3.86g (15.44%), Zinc: 2.24mg (14.92%), Vitamin B6: 0.29mg (14.62%), Magnesium: 50.5mg (12.63%), Selenium: 8.69µg (12.41%), Potassium: 431.5mg (12.33%), Iron: 1.85mg (10.29%), Folate: 41.09µg (10.27%), Copper: 0.2mg (10.2%), Vitamin B1: 0.15mg (9.99%), Vitamin A: 361.79IU (7.24%), Manganese: 0.14mg (7.01%), Vitamin B12: 0.42µg (6.94%), Vitamin B3: 1.34mg (6.71%), Vitamin B5: 0.47mg (4.7%), Vitamin E: 0.65mg (4.33%), Vitamin K: 4.01µg (3.82%), Vitamin D: 0.53µg (3.54%), Vitamin C: 1.71mg (2.08%)