



Country Ham Corn Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 6 oz just-add-water cornbread mix
- ☐ 0.3 cup country ham finely chopped
- ☐ 0.8 cup ears corn fresh
- ☐ 0.7 cup water

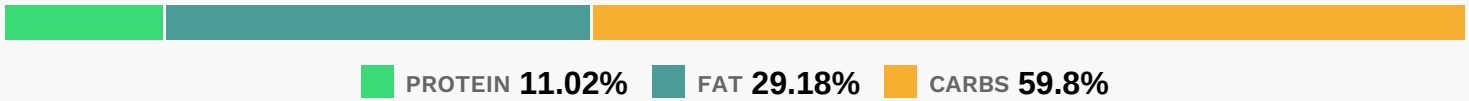
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir together cornbread mix and water in a small bowl until smooth. Stir in corn kernels and ham.
- ☐ Pour about 1/4 cup batter for each corn cake onto a hot, lightly greased griddle or large nonstick skillet. Cook cakes over medium heat 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.4173912703991%

Nutrients (% of daily need)

Calories: 114.74kcal (5.74%), Fat: 3.76g (5.78%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 15.67g (5.7%), Sugar: 5.18g (5.75%), Cholesterol: 4.04mg (1.35%), Sodium: 245.98mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Phosphorus: 128.55mg (12.86%), Vitamin B1: 0.15mg (9.79%), Fiber: 1.65g (6.62%), Folate: 25.66µg (6.41%), Vitamin B3: 1.21mg (6.06%), Vitamin B2: 0.08mg (4.6%), Manganese: 0.09mg (4.5%), Selenium: 2.6µg (3.71%), Iron: 0.65mg (3.63%), Vitamin B6: 0.06mg (3.1%), Magnesium: 11.44mg (2.86%), Vitamin B5: 0.23mg (2.26%), Potassium: 77.41mg (2.21%), Zinc: 0.32mg (2.14%), Copper: 0.03mg (1.67%), Calcium: 13.39mg (1.34%), Vitamin C: 0.95mg (1.15%), Vitamin K: 1.1µg (1.05%)