



Dinner Tonight: Corn Cakes with Goat Cheese and Bacon

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



460 kcal

SIDE DISH

Ingredients

- 8 slices bacon
- 0.3 cup cornmeal
- 2 large eggs lightly beaten
- 3 cups ears corn fresh (3 ears corn)
- 2 ounces goat cheese crumbled
- 2 tablespoons olive oil extra virgin extra-virgin
- 4 servings salt and pepper black

- 2 spring onion ends trimmed thinly sliced
- 1 zucchini diced

Equipment

- bowl
- frying pan
- paper towels

Directions

- Pour 1 teaspoon of the oil into a large non-stick skillet set over medium heat. When oil starts to shimmer, add the corn and zucchini, and season with salt and pepper. Cook, stirring occasionally, until the zucchini softens, three to five minutes.
- Transfer mixture to a large bowl and let cool for five minutes.
- Meanwhile, cook the bacon in a separate skillet until crisp. Set aside when done.
- Add the scallions, eggs, and cornmeal to the bowl with the corn and zucchini. Stir well. Wipe out the nonstick skillet, and then pour in the remaining 2 tablespoons of the olive oil and turn the heat to medium. When oil is shimmering, scoop out about 1/2 cup of the corn mixture and pour into the skillet.
- Add as many scoops as will fit comfortably in the skillet. Cook until each is browned on the bottom, about three minutes. Flip, and brown on the bottom, about two minutes.
- Drain each cake on some paper towels. Repeat this process until all of the corn mixture has been used.
- Serve the corn cakes garnished with the crumbled goat cheese, salt and pepper to taste, and the bacon.

Nutrition Facts



PROTEIN 13.92% **FAT 60.62%** **CARBS 25.46%**

Properties

Glycemic Index:28.88, Glycemic Load:4.57, Inflammation Score:-6, Nutrition Score:15.866521856059%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 460.47kcal (23.02%), Fat: 32.05g (49.31%), Saturated Fat: 10.16g (63.53%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 26.53g (9.65%), Sugar: 8.55g (9.5%), Cholesterol: 128.56mg (42.85%), Sodium: 594.46mg (25.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.57g (33.13%), Phosphorus: 289.13mg (28.91%), Selenium: 18.3µg (26.14%), Vitamin B1: 0.37mg (24.34%), Vitamin B6: 0.44mg (21.91%), Vitamin B3: 4.27mg (21.36%), Vitamin C: 17.29mg (20.96%), Folate: 78.1µg (19.53%), Vitamin B2: 0.32mg (19.04%), Vitamin K: 19.42µg (18.49%), Manganese: 0.36mg (18.19%), Magnesium: 71.44mg (17.86%), Potassium: 595.49mg (17.01%), Vitamin B5: 1.67mg (16.67%), Fiber: 3.76g (15.02%), Vitamin A: 658.89IU (13.18%), Zinc: 1.96mg (13.07%), Copper: 0.25mg (12.71%), Iron: 2.06mg (11.45%), Vitamin E: 1.69mg (11.27%), Vitamin B12: 0.47µg (7.82%), Calcium: 51.17mg (5.12%), Vitamin D: 0.73µg (4.88%)