



Double Corn Pancakes with Jalapeño and Chunky Tex-Mex Tomato Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons canola oil divided
- ☐ 1.5 teaspoons chili powder
- ☐ 1 cup whole-kernel corn canned rinsed drained
- ☐ 2 large eggs
- ☐ 2.3 ounces flour all-purpose

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup green onions sliced
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 1 cup milk 1% low-fat
- ☐ 29 ounce no salt-added tomatoes diced undrained canned
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cornmeal yellow

Equipment

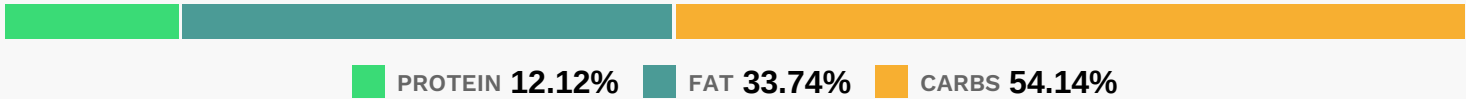
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ To prepare sauce, heat 1 tablespoon canola oil in a medium saucepan over low heat.
- ☐ Add chopped onion; cover and cook 5 minutes or until golden brown, stirring occasionally. Stir in chili powder and cumin; cook 20 seconds, stirring constantly.
- ☐ Add tomatoes; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Uncover and cook 5 minutes or until slightly thickened. Stir in 1/4 teaspoon salt and cilantro.
- ☐ To prepare pancakes, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, and 1/4 teaspoon salt in a large bowl; stir with a whisk. Fold in corn, green onions, and jalapeo.
- ☐ Combine milk, 1 tablespoon oil, and eggs in a small bowl; stir well with a whisk.
- ☐ Add to cornmeal mixture, stirring just until combined.

- ☐
- Let batter stand for 10 minutes.
- ☐
- Heat remaining 1 tablespoon oil in a nonstick griddle or large nonstick skillet over medium heat. Spoon about 1/3 cup batter per pancake onto hot pan. Cook 4 minutes or until tops are covered with bubbles and edges looked cooked. Carefully turn pancakes; cook 2 minutes or until bottoms are lightly browned.
- ☐
- Serve immediately with sauce.

Nutrition Facts



Properties

Glycemic Index:90.88, Glycemic Load:26.94, Inflammation Score:-8, Nutrition Score:22.729565205781%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 439.04kcal (21.95%), Fat: 16.95g (26.08%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 53.42g (19.43%), Sugar: 11.14g (12.38%), Cholesterol: 95.95mg (31.98%), Sodium: 537.44mg (23.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.41%), Phosphorus: 329.75mg (32.97%), Manganese: 0.64mg (31.85%), Fiber: 7.79g (31.16%), Vitamin B6: 0.61mg (30.42%), Vitamin C: 24.96mg (30.26%), Vitamin K: 31.07µg (29.59%), Iron: 5.29mg (29.39%), Calcium: 290.57mg (29.06%), Vitamin B2: 0.48mg (28.35%), Vitamin E: 4.16mg (27.71%), Vitamin B1: 0.41mg (27.36%), Selenium: 17.45µg (24.92%), Folate: 94.69µg (23.67%), Magnesium: 90.44mg (22.61%), Potassium: 781.15mg (22.32%), Vitamin B3: 4.08mg (20.4%), Vitamin A: 895.23IU (17.9%), Zinc: 2.45mg (16.3%), Copper: 0.32mg (15.89%), Vitamin B5: 1.33mg (13.28%), Vitamin B12: 0.58µg (9.71%), Vitamin D: 1.15µg (7.66%)