



Dutch Oven Hoecakes



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup cornmeal
- ☐ 1 eggs
- ☐ 0.5 cup regular corn fresh frozen thawed
- ☐ 0.8 teaspoon kosher salt
- ☐ 8 servings vegetable oil
- ☐ 0.8 cup water

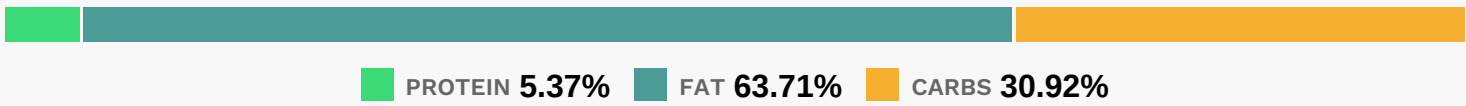
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Place the cornmeal, baking powder, salt, egg and water into a bowl and stir to combine. Once mixed, stir in the corn. The mixture should be the consistency of pancake batter.
- ☐ Brush the lid or griddle with vegetable oil until shimmering.
- ☐ Pour enough batter onto the lid or griddle to form a 4 inch round, approximately 2 tablespoons. Depending on the size of your griddle or lid, you can cook more than 1 cake at a time. Cook until brown on both sides, 2 to 3 minutes per side.
- ☐ Serve immediately or transfer to a warm (200 degree F) oven until all of the cakes are done.
- ☐ Place a cast iron griddle over medium heat or prepare charcoal for cooking outdoors by heating coals in a chimney starter until hot and ashy.
- ☐ Place a cast iron skillet or griddle over medium heat.
- ☐ Brush with vegetable oil and heat until shimmering.
- ☐ Pour enough batter onto the skillet or griddle to form a 4-inch round, approximately 2 tablespoons. Depending on the size of your griddle or skillet, you can cook more than 1 cake at a time. Cook until brown on both sides, 2 to 3 minutes per side.
- ☐ Serve immediately or transfer to a warm (200 degrees F) oven until all of the cakes are done.
- ☐ Outdoor coals:Using a Dutch oven with feet, turn the oven upside down.
- ☐ Place 22 hot, ashy coals on the bottom of the inverted oven.
- ☐ Lay the lid upside down on top of the Dutch oven feet and over the coals and allow to heat for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.06, Glycemic Load:8.9, Inflammation Score:-2, Nutrition Score:5.1282608431319%

Nutrients (% of daily need)

Calories: 218.58kcal (10.93%), Fat: 15.77g (24.26%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 15.07g (5.48%), Sugar: 0.33g (0.37%), Cholesterol: 20.46mg (6.82%), Sodium: 334.24mg (14.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin K: 25.8µg (24.57%), Phosphorus: 86.49mg (8.65%), Fiber: 2.16g (8.64%), Vitamin E: 1.28mg (8.51%), Manganese: 0.15mg (7.3%), Vitamin B6: 0.15mg (7.25%), Magnesium: 25.72mg (6.43%), Calcium: 64.25mg (6.42%), Zinc: 0.76mg (5.08%), Iron: 0.88mg (4.86%), Vitamin B1: 0.07mg (4.83%), Selenium: 2.97µg (4.24%), Folate: 13.47µg (3.37%), Vitamin B3: 0.67mg (3.34%), Vitamin B2: 0.05mg (3.1%), Copper: 0.06mg (3.06%), Potassium: 102.15mg (2.92%), Vitamin B5: 0.23mg (2.33%)