



Easy Corn Cakes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

Ingredients

- 2 tsp double-acting baking powder
- 1.5 tsp ener-g egg replacer
- 2 tsp juice of lemon
- 0.5 tsp pepper red
- 0.8 cup bob's mill garbanzo bean flour (besan)
- 0.5 tsp salt
- 1 cup soy milk unsweetened
- 0.5 cup water hot

1 cup cornmeal yellow

Equipment

frying pan

Directions

- Mix the corn meal with the hot water until crumbly.
- Add the remaining dry ingredients, and stir to combine.
- Mix the soymilk with the lemon juice and pour it into the dry ingredients.
- Mix well, and set aside while you heat your skillet. If necessary, spray a non-stick or cast iron skillet with a little canola oil (if your skillet is truly non-stick, you may be able to skip this step). Get it hot, and then cook the corn cakes like pancakes, allowing about 1/4 cup batter per corn cake. Cook until well-browned on each side. Makes about 8-10.

Nutrition Facts

 **PROTEIN 16.1%**  **FAT 16.41%**  **CARBS 67.49%**

Properties

Glycemic Index:27.69, Glycemic Load:12.16, Inflammation Score:-4, Nutrition Score:6.7499999870425%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 132.99kcal (6.65%), Fat: 2.43g (3.74%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 19.2g (6.98%), Sugar: 1.7g (1.88%), Cholesterol: 0mg (0%), Sodium: 289.9mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.73%), Manganese: 0.31mg (15.51%), Folate: 56.21µg (14.05%), Fiber: 3.28g (13.14%), Calcium: 125.02mg (12.5%), Phosphorus: 115.89mg (11.59%), Magnesium: 45.52mg (11.38%), Vitamin B1: 0.16mg (10.78%), Vitamin B6: 0.19mg (9.53%), Copper: 0.18mg (8.98%), Iron: 1.43mg (7.95%), Zinc: 0.94mg (6.27%), Potassium: 199.61mg (5.7%), Vitamin B12: 0.34µg (5.62%), Vitamin B2: 0.09mg (5.57%), Vitamin B3: 0.75mg (3.77%), Selenium: 2.16µg (3.08%), Vitamin D: 0.36µg (2.43%), Vitamin B5: 0.21mg (2.14%), Vitamin A: 104.63IU (2.09%), Vitamin E: 0.22mg (1.44%), Vitamin K: 1.2µg (1.14%)