



Fresh Corn and Scallop Johnnycakes with Green Onion Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 pound bay scallops coarsely chopped
- 1 tablespoon dijon mustard
- 1 large eggs
- 2 tablespoons flour all-purpose
- 1 tablespoon chives fresh chopped
- 1 cup ears corn fresh (2 ears)

- 0.3 cup parsley fresh loosely packed
- 0.5 cup spring onion thinly sliced
- 0.1 teaspoon ground pepper red
- 0.3 teaspoon ground pepper red
- 1 tablespoon catsup
- 2 tablespoons juice of lemon fresh
- 2 tablespoons mayonnaise light
- 1.3 cups buttermilk low-fat
- 1 tablespoon cream sour reduced-fat
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 1 cup cornmeal yellow

Equipment

- food processor
- bowl
- frying pan
- whisk

Directions

- To prepare sauce, place first 8 ingredients in a food processor; process until smooth. Cover and chill until ready to serve.
- To prepare cakes, combine cornmeal and next 6 ingredients (through 1/4 teaspoon red pepper) in a large bowl; add buttermilk, 1 tablespoon of chives, and egg, stirring with a whisk until blended. Fold in corn and scallops.
- Heat a nonstick griddle or large nonstick skillet over medium-high heat. Coat pan with cooking spray. Spoon batter by heaping tablespoons onto hot pan. Turn johnnycakes over when edges begin to brown (about 2 minutes). Cook an additional 2 minutes or until lightly browned.

Remove johnnycakes from pan; cover and keep warm. Repeat procedure with cooking spray and remaining batter.

Serve warm with sauce.

Nutrition Facts

PROTEIN 23% **FAT 18.62%** **CARBS 58.38%**

Properties

Glycemic Index:63.82, Glycemic Load:10.98, Inflammation Score:-5, Nutrition Score:10.486521746801%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 175.37kcal (8.77%), Fat: 3.7g (5.69%), Saturated Fat: 1g (6.26%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 23.44g (8.53%), Sugar: 5.59g (6.21%), Cholesterol: 36.04mg (12.01%), Sodium: 571.33mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.55%), Vitamin K: 46.69µg (44.47%), Phosphorus: 269.91mg (26.99%), Selenium: 10.9µg (15.57%), Vitamin B12: 0.74µg (12.4%), Magnesium: 46.83mg (11.71%), Fiber: 2.64g (10.56%), Manganese: 0.21mg (10.33%), Vitamin B6: 0.2mg (10.2%), Folate: 38.12µg (9.53%), Zinc: 1.41mg (9.43%), Calcium: 92.46mg (9.25%), Potassium: 314.37mg (8.98%), Vitamin B1: 0.13mg (8.79%), Vitamin C: 7.11mg (8.62%), Vitamin B2: 0.15mg (8.56%), Iron: 1.39mg (7.72%), Vitamin A: 380.69IU (7.61%), Vitamin B3: 1.36mg (6.79%), Vitamin B5: 0.57mg (5.74%), Copper: 0.09mg (4.63%), Vitamin E: 0.37mg (2.46%)