



Fresh Corn Cakes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 large eggs separated
- ☐ 0.3 cup flour
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons vegetable oil divided
- ☐ 0.3 cup cornmeal yellow

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ In a blender or food processor, pulse corn and green onions until chopped but not smooth.
- ☐ Transfer to a large bowl and stir in 2 tbsp. oil and the egg yolks.
- ☐ In another large bowl, combine flour, cornmeal, salt, and pepper.
- ☐ Add to corn mixture and mix thoroughly but gently.
- ☐ In a large clean bowl, whisk or beat egg whites until soft peaks form. Fold into corn mixture.
- ☐ In a large frying pan, heat 1 tbsp. oil over medium-high heat. Working in batches, drop large spoonfuls of the corn mixture into pan (do not spread or flatten). Cook until edges begin to set and undersides are browned, about 2 minutes. Flip and cook until cakes are browned and cooked through. Cook remaining batter the same way, adding oil as necessary.
- ☐ Serve hot.

Nutrition Facts



■ PROTEIN 9.54% ■ FAT 58.87% ■ CARBS 31.59%

Properties

Glycemic Index:12.97, Glycemic Load:2.19, Inflammation Score:-1, Nutrition Score:2.1478261092435%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 64.02kcal (3.2%), Fat: 4.29g (6.59%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.66g (1.69%), Sugar: 0.67g (0.75%), Cholesterol: 23.25mg (7.75%), Sodium: 83.3mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin K: 9.59µg (9.14%), Selenium: 2.8µg (3.99%), Folate: 12.17µg (3.04%), Phosphorus: 28.77mg (2.88%), Vitamin B2: 0.05mg (2.75%), Vitamin B1: 0.04mg (2.68%), Manganese: 0.05mg (2.62%), Vitamin E: 0.37mg (2.46%), Fiber: 0.52g (2.06%), Iron: 0.35mg (1.94%), Magnesium: 7.56mg (1.89%), Vitamin B5: 0.19mg (1.86%), Vitamin B6: 0.04mg (1.78%), Vitamin B3: 0.35mg (1.75%), Zinc: 0.22mg (1.46%), Potassium: 47.93mg (1.37%), Vitamin A: 66.45IU (1.33%), Vitamin C: 0.91mg (1.1%)