



Fresh Corn Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



565 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 3 ears corn
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 4 servings maple syrup sour pure
- ☐ 1 tablespoon sugar
- ☐ 1 stick butter unsalted cooled melted
- ☐ 2 tablespoons vegetable oil

☐ 0.8 cup milk whole

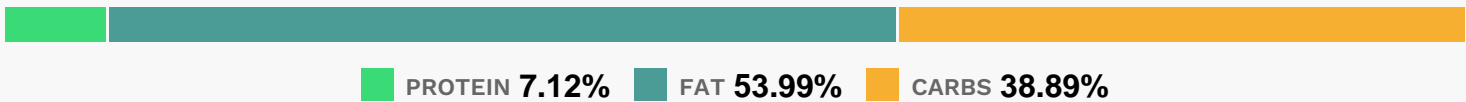
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ spatula

Directions

- ☐ Whisk together flour, baking powder, sugar, and 1 teaspoon salt in a medium bowl.
- ☐ Cut enough kernels from cobs to measure 2 cups. Using back of a knife, scrape pulp from cobs and transfer to a blender with milk and 1/2 cup corn. Purée until smooth, then strain through a sieve into another medium bowl, pressing on and then discarding solids.
- ☐ Whisk in eggs, oil, and butter.
- ☐ Add to flour mixture with remaining 1 1/2 cups corn and whisk until just combined.
- ☐ Heat a griddle or heavy skillet over medium heat until hot, then lightly brush with oil. Working in batches, pour 1/3 cup batter per pancake onto griddle and cook until bubbles appear on surface and undersides are golden-brown, about 2 minutes. Flip with a spatula and cook until undersides are golden-brown, about 1 minute more. (Reduce heat if pancakes brown too quickly.) Lightly oil griddle between batches if necessary.

Nutrition Facts



Properties

Glycemic Index:77.9, Glycemic Load:26.09, Inflammation Score:-7, Nutrition Score:16.632608869801%

Nutrients (% of daily need)

Calories: 565.33kcal (28.27%), Fat: 34.78g (53.51%), Saturated Fat: 17.45g (109.06%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 54.17g (19.7%), Sugar: 21.6g (24%), Cholesterol: 159.23mg (53.08%), Sodium: 492.57mg (21.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.65%), Manganese: 0.79mg (39.68%), Vitamin B2: 0.63mg (37.24%), Calcium: 339.96mg (34%), Phosphorus: 283.95mg (28.4%), Selenium: 19.85µg (28.36%), Vitamin B1: 0.4mg (26.68%), Folate: 98.14µg (24.53%), Vitamin A: 1041.31IU (20.83%), Vitamin B3: 3.13mg (15.67%), Iron: 2.71mg (15.05%), Vitamin K: 14.99µg (14.28%), Vitamin B5: 1.21mg (12.06%), Magnesium: 46.19mg (11.55%), Potassium: 371.45mg (10.61%), Vitamin E: 1.56mg (10.42%), Vitamin D: 1.43µg (9.51%), Fiber: 2.2g (8.81%), Vitamin B12: 0.52µg (8.63%), Zinc: 1.21mg (8.04%), Vitamin B6: 0.15mg (7.39%), Vitamin C: 4.59mg (5.56%), Copper: 0.1mg (5.25%)