



Fresh Corn Pancakes



Vegetarian



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



382 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup cheddar cheese grated
- ☐ 0.8 cup regular corn
- ☐ 0.5 cup cornmeal
- ☐ 2 eggs
- ☐ 0.8 cup flour
- ☐ 1 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted melted

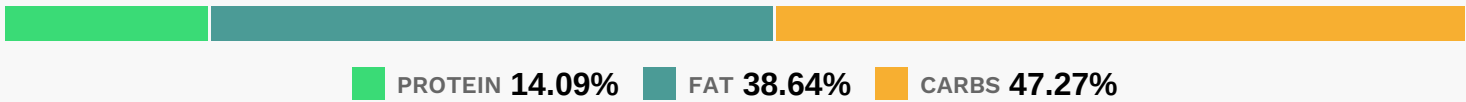
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the flour, cornmeal, baking powder, sugar and salt in a large bowl.
- ☐ Mix the milk, eggs and butter in another bowl.
- ☐ Mix the wet and dry ingredients making sure to not over mix.
- ☐ Mix in the corn and cheese.
- ☐ Heat a pan over medium heat and melt a touch of butter in it.
- ☐ Pour 1/4 cup of the mixture into the pan and cook until the surface starts to bubble and the bottom is golden brown, about 2-3 minutes.Flip the pancake and cook the other side until the bottom is golden brown, about 1-2 minutes.

Nutrition Facts



Properties

Glycemic Index:83.52, Glycemic Load:27.83, Inflammation Score:-6, Nutrition Score:13.019130478735%

Nutrients (% of daily need)

Calories: 382.06kcal (19.1%), Fat: 16.56g (25.47%), Saturated Fat: 8.48g (53%), Carbohydrates: 45.56g (15.19%), Net Carbohydrates: 42.34g (15.39%), Sugar: 7.89g (8.76%), Cholesterol: 118.36mg (39.45%), Sodium: 592.36mg (25.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.17%), Selenium: 21.29µg (30.41%), Phosphorus: 271.02mg (27.1%), Vitamin B2: 0.41mg (23.89%), Vitamin B1: 0.32mg (21.66%), Calcium: 196.88mg (19.69%), Folate: 71.35µg (17.84%), Manganese: 0.35mg (17.54%), Zinc: 2.03mg (13.51%), Fiber: 3.22g (12.88%), Vitamin B6: 0.25mg (12.66%), Iron: 2.26mg (12.55%), Vitamin B3: 2.51mg (12.54%), Vitamin A: 610.07IU (12.2%), Magnesium: 48.16mg (12.04%), Vitamin B12: 0.69µg (11.53%), Vitamin B5: 1.09mg (10.91%), Vitamin D: 1.3µg (8.67%), Potassium: 288.57mg (8.24%), Copper: 0.12mg (6.03%), Vitamin E: 0.64mg (4.3%), Vitamin C: 1.59mg (1.93%),

Vitamin K: 1.38µg (1.32%)