



Grilled Chicken with Fresh Corn Cakes

 Dairy Free

READY IN



56 min.

SERVINGS



4

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices hickory-smoked bacon thick cooked
- ☐ 2 cups arugula loosely packed
- ☐ 3 skinned and boned chicken breasts
- ☐ 6 oz buttermilk cornbread mix
- ☐ 1 teaspoon dijon mustard
- ☐ 3 ears corn fresh
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves pressed

- ☐ 3 lemons
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 teaspoons salt divided

Equipment

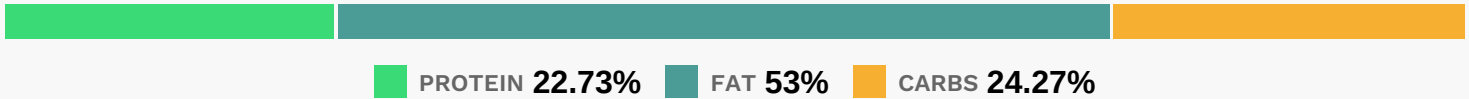
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ measuring cup
- ☐ cutting board

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Grate zest from lemons to equal 1 Tbsp.
- ☐ Cut lemons in half; squeeze juice from lemons into a measuring cup to equal 1/4 cup.
- ☐ Whisk together lemon zest, lemon juice, garlic, next 3 ingredients, and 1 tsp. salt. Reserve 1/4 cup lemon mixture.
- ☐ Pour remaining lemon mixture in a large zip-top plastic freezer bag; add chicken. Seal and chill 15 minutes, turning once.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Brush corn with 1 Tbsp. olive oil; sprinkle with remaining 1/2 tsp. salt.
- ☐ Grill chicken and corn at the same time, covered with grill lid, 20 minutes, turning chicken once and turning corn every 4 to 5 minutes.
- ☐ Remove chicken, and cover. Hold each grilled cob upright on a cutting board, and carefully cut downward, cutting kernels from cob.
- ☐ Stir together cornbread mix and 2/3 cup water in a small bowl until smooth. Stir in basil and 1 cup grilled corn kernels.

- ☐
- Pour about 1/4 cup batter for each corn cake onto a hot, lightly greased griddle. Cook cakes 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side.
- ☐
- Thinly slice chicken. To serve, place 2 corn cakes on each plate, top with chicken and 2 bacon slices. Toss arugula with reserved lemon mixture.
- ☐
- Place arugula on bacon, and sprinkle with corn kernels.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:33.118260746417%

Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 832.22kcal (41.61%), Fat: 49.83g (76.65%), Saturated Fat: 11.36g (70.99%), Carbohydrates: 51.34g (17.11%), Net Carbohydrates: 44.65g (16.24%), Sugar: 15.14g (16.83%), Cholesterol: 138.37mg (46.12%), Sodium: 1736.34mg (75.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.08g (96.16%), Vitamin B3: 22.21mg (111.04%), Selenium: 66.88µg (95.54%), Vitamin B6: 1.6mg (79.9%), Phosphorus: 710.17mg (71.02%), Vitamin C: 51.84mg (62.84%), Vitamin B1: 0.56mg (37.26%), Vitamin B5: 3.56mg (35.63%), Potassium: 1107.62mg (31.65%), Vitamin K: 32.98µg (31.41%), Fiber: 6.68g (26.73%), Vitamin E: 3.91mg (26.04%), Magnesium: 97.88mg (24.47%), Folate: 94.46µg (23.62%), Vitamin B2: 0.39mg (22.74%), Manganese: 0.4mg (19.82%), Iron: 3.09mg (17.15%), Zinc: 2.19mg (14.61%), Vitamin A: 578.21IU (11.56%), Vitamin B12: 0.6µg (9.95%), Copper: 0.19mg (9.4%), Calcium: 80.79mg (8.08%), Vitamin D: 0.35µg (2.3%)