



Hot corncakes with avocado, bacon & basil

READY IN



20 min.

SERVINGS



4

CALORIES



566 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 bell pepper diced red
- ☐ 1 chilli fresh green red deseeded chopped
- ☐ 50 g self-raising flour
- ☐ 1 eggs beaten
- ☐ 3 tbsp milk
- ☐ 660 g sweetcorn nibblets drained
- ☐ 1 handful basil leaves chopped
- ☐ 8 streaky bacon

- ☐ 2 juice of lemon
- ☐ 1 avocados peeled sliced

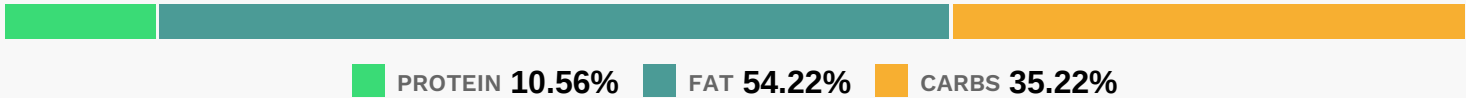
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat grill to high.
- ☐ Heat 1 tbsp oil in a large non-stick frying pan and sizzle the pepper for 5 mins until softened, adding the chilli for the final min.
- ☐ Put the flour into a large bowl, make a well, then stir in the egg and then the milk to make a batter. Stir in the corn, cooked pepper and chilli and chopped basil, then season well.
- ☐ Add more oil to the pan if you need to, then drop tbsps of the batter into the pan.
- ☐ Cook for 2 mins until risen and golden underneath, then cook for 1 min more. Youll need to do these in batches, making 12 in total. Keep warm.
- ☐ Meanwhile, grill the bacon and mix the lemon juice and remaining oil together with seasoning.
- ☐ Serve 3 cakes each, topped with the avocado, bacon, a scattering of basil leaves and a drizzle of the dressing.

Nutrition Facts



Properties

Glycemic Index:75.63, Glycemic Load:23.83, Inflammation Score:-9, Nutrition Score:21.653478373652%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin:

2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 565.95kcal (28.3%), Fat: 36.07g (55.49%), Saturated Fat: 8.82g (55.12%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 44.05g (16.02%), Sugar: 10.45g (11.61%), Cholesterol: 71.31mg (23.77%), Sodium: 355.55mg (15.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.6%), Vitamin C: 59.42mg (72.03%), Fiber: 8.68g (34.7%), Vitamin A: 1560.22IU (31.2%), Vitamin B6: 0.6mg (30%), Vitamin B3: 5.88mg (29.38%), Phosphorus: 271.02mg (27.1%), Vitamin B5: 2.63mg (26.29%), Folate: 104.97µg (26.24%), Selenium: 17.97µg (25.68%), Manganese: 0.5mg (24.76%), Potassium: 814.85mg (23.28%), Vitamin B1: 0.35mg (23.27%), Vitamin E: 3.05mg (20.36%), Magnesium: 73.34mg (18.33%), Vitamin K: 19.06µg (18.16%), Vitamin B2: 0.3mg (17.43%), Zinc: 2.24mg (14.96%), Copper: 0.23mg (11.75%), Iron: 1.7mg (9.44%), Vitamin B12: 0.38µg (6.31%), Calcium: 38.99mg (3.9%), Vitamin D: 0.52µg (3.46%)