



Jalapeño Corn Cakes

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 cup cornmeal stone-ground
- 1 large eggs
- 0.5 cup flour
- 2 cups ears corn fresh
- 6 servings greek yogurt sour
- 3 spring onion sliced chopped for garnish
- 1 jalapeno seeded chopped

- 0.5 teaspoon kosher salt
- 1 teaspoon marjoram fresh chopped
- 1 cup milk
- 0.3 cup vegetable oil

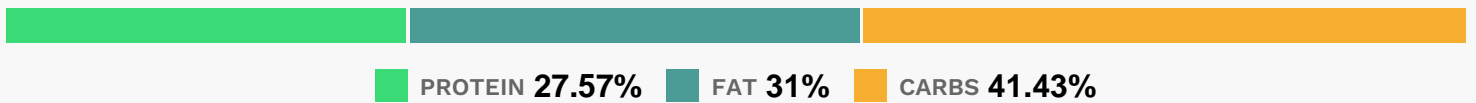
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk egg and milk together in a medium bowl.
- Add cornmeal, flour, salt, baking powder, and marjoram, stirring to combine. Fold in chopped onions, jalapeo, and corn.
- Heat 2 tbsp. oil in a large nonstick frying pan over medium heat. Scoop 1/4-cup portions of batter into pan. Cook, turning once, until puffed and browned, about 6 minutes total. Repeat with remaining batter, adding more oil between batches.
- Serve with sour cream and sliced onions.
- *Buy in a well-stocked grocery store or natural-food store.

Nutrition Facts



Properties

Glycemic Index:61.58, Glycemic Load:15.57, Inflammation Score:-6, Nutrition Score:18.568695483%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 397.73kcal (19.89%), Fat: 13.86g (21.32%), Saturated Fat: 3g (18.77%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 38.34g (13.94%), Sugar: 12.13g (13.47%), Cholesterol: 45.88mg (15.29%), Sodium: 443.7mg (19.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.46%), Phosphorus: 460.61mg (46.06%), Vitamin B2: 0.76mg (44.66%), Selenium: 28.19µg (40.28%), Calcium: 363.5mg (36.35%), Vitamin K: 30.19µg (28.75%), Vitamin B12: 1.69µg (28.23%), Vitamin B1: 0.29mg (19.38%), Magnesium: 71.24mg (17.81%), Vitamin B6: 0.35mg (17.36%), Folate: 68.53µg (17.13%), Potassium: 582.89mg (16.65%), Manganese: 0.31mg (15.59%), Zinc: 2.27mg (15.15%), Vitamin B5: 1.46mg (14.64%), Fiber: 3.34g (13.36%), Vitamin B3: 2.49mg (12.47%), Iron: 1.86mg (10.34%), Vitamin C: 7.2mg (8.73%), Vitamin E: 1.1mg (7.34%), Copper: 0.14mg (6.8%), Vitamin A: 295.64IU (5.91%), Vitamin D: 0.61µg (4.09%)