



food  
network

## Johnnycakes

READY IN



25 min.

SERVINGS



10

CALORIES



122 kcal

SIDE DISH

## Ingredients

- 10 servings butter
- 10 servings add carrot and onion to bacon fat . cook for frying
- 3 tablespoons milk
- 1 cup rye flakes
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 1 cup water boiling

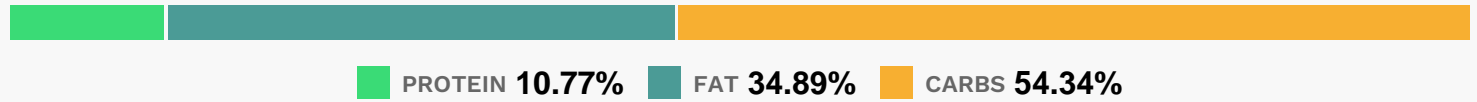
## Equipment

- frying pan
- mixing bowl

## Directions

- Combine sugar and salt with meal in large mixing bowl. Scald with boiling water and stir well. Thin immediately with milk to a mixture that will drop easily from spoon (additional milk may be necessary: mixture should be consistency of thin mashed potato).
- Drop by the spoonful onto medium hot griddle greased with 1 to 2 tablespoons of bacon grease or corn oil (do not let griddle get dry). Cook 5 to 6 minutes on each side until a brown, crunchy crust is formed and inside is soft.
- Serve hot with butter.

## Nutrition Facts



## Properties

Glycemic Index:15.81, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:9.3765216910321%

## Nutrients (% of daily need)

Calories: 121.62kcal (6.08%), Fat: 5.04g (7.75%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 12.32g (4.48%), Sugar: 1.65g (1.84%), Cholesterol: 11.48mg (3.83%), Sodium: 151.87mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Manganese: 1.59mg (79.28%), Fiber: 5.35g (21.39%), Selenium: 12.21µg (17.44%), Phosphorus: 155.27mg (15.53%), Magnesium: 59.55mg (14.89%), Zinc: 1.35mg (9.01%), Copper: 0.17mg (8.48%), Iron: 1.52mg (8.43%), Vitamin B3: 1.31mg (6.54%), Potassium: 180.71mg (5.16%), Vitamin B1: 0.07mg (4.92%), Vitamin B6: 0.1mg (4.88%), Vitamin B2: 0.08mg (4.65%), Vitamin B5: 0.38mg (3.77%), Vitamin E: 0.45mg (3%), Vitamin A: 134.84IU (2.7%), Calcium: 20.78mg (2.08%), Vitamin K: 1.76µg (1.68%)