



Levee Camp Griddle Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 12 servings maple syrup
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

☐ 1 cup cornmeal white

Equipment

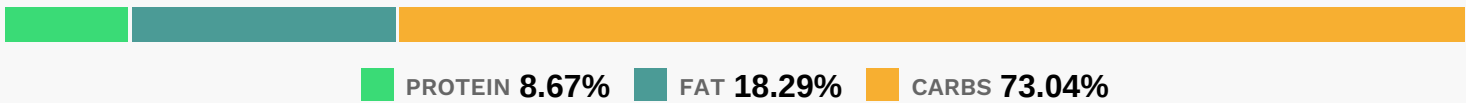
☐ bowl

☐ frying pan

Directions

- ☐ Combine cornmeal and next 4 ingredients in a large bowl.
- ☐ Combine buttermilk, sour cream, and egg; add to dry ingredients, stirring just until moistened.
- ☐ Pour about 3 tablespoons batter for each cake onto a hot, lightly greased griddle. Cook pancakes 3 minutes or until tops are covered with bubbles and edges look cooked; turn and cook 2 minutes. (Cakes should be golden brown.)
- ☐ Serve with honey or maple syrup.

Nutrition Facts



Properties

Glycemic Index:19.54, Glycemic Load:11.01, Inflammation Score:-2, Nutrition Score:6.557391192926%

Nutrients (% of daily need)

Calories: 182.07kcal (9.1%), Fat: 3.69g (5.67%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 31.48g (11.45%), Sugar: 13.52g (15.03%), Cholesterol: 23.35mg (7.78%), Sodium: 238.19mg (10.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Manganese: 0.62mg (31%), Vitamin B2: 0.39mg (23.13%), Vitamin B1: 0.15mg (9.94%), Phosphorus: 84.54mg (8.45%), Selenium: 5.91µg (8.44%), Calcium: 69.69mg (6.97%), Folate: 26.84µg (6.71%), Magnesium: 26.56mg (6.64%), Fiber: 1.66g (6.64%), Iron: 1.11mg (6.18%), Vitamin B5: 0.55mg (5.48%), Zinc: 0.8mg (5.36%), Vitamin B3: 1.03mg (5.16%), Vitamin B6: 0.1mg (5%), Potassium: 159.63mg (4.56%), Copper: 0.05mg (2.69%), Vitamin B12: 0.15µg (2.49%), Vitamin A: 115.2IU (2.3%), Vitamin D: 0.34µg (2.29%)