



Maple Corn Cakes

READY IN



90 min.

SERVINGS



8

CALORIES



502 kcal

SIDE DISH

Ingredients

- 0.8 cup baking mix
- 8.5 ounce corn muffin mix
- 4 eggs
- 9 ounce corn frozen thawed
- 8 servings maple syrup
- 0.5 cup milk
- 1 pound sausage meat bob evans®
- 2 tablespoons vegetable oil

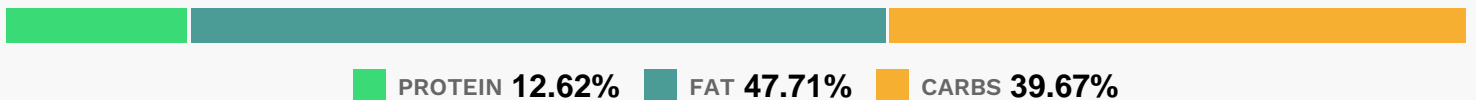
Equipment

- frying pan
- paper towels
- oven
- mixing bowl
- plastic wrap
- loaf pan
- aluminum foil

Directions

- Preheat oven to 350 F. In medium skillet over medium heat, crumble and cook sausage until browned.
- Drain on paper towels. In large mixing bowl, combine sausage, corn muffin mix, eggs, corn, baking mix and milk.
- Pour into a greased 6x9x3-inch loaf pan and cover with foil.
- Bake for 45 minutes.
- Remove foil and bake for another 30 to 35 minutes or until browned. Cool 15 minutes and remove from pan. Cover with plastic wrap and refrigerate 1 hour or overnight.
- Slice loaf into 8 slices. In large non-stick skillet over medium heat, add 2 Tbsp. oil. Fry corn cakes until golden brown on each side, about 4 to 6 minutes.
- Serve with syrup and butter.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:5.19, Inflammation Score:-4, Nutrition Score:14.515217397524%

Nutrients (% of daily need)

Calories: 502.34kcal (25.12%), Fat: 26.68g (41.04%), Saturated Fat: 7.89g (49.33%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 46.81g (17.02%), Sugar: 20.24g (22.48%), Cholesterol: 125.32mg (41.77%), Sodium: 790.68mg (34.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.77%), Phosphorus: 376.36mg (37.64%), Vitamin B2: 0.6mg (35.52%), Manganese: 0.65mg (32.66%), Vitamin B1: 0.41mg (27.51%), Vitamin B3: 4.77mg (23.85%), Folate: 65.74µg (16.43%), Vitamin B6: 0.32mg (16.22%), Zinc: 2.18mg (14.53%), Selenium: 9.83µg (14.04%), Vitamin B12: 0.83µg (13.85%), Iron: 2.32mg (12.88%), Fiber: 3.09g (12.35%), Vitamin B5: 1.11mg (11.12%), Potassium: 384.99mg (11%), Calcium: 96.56mg (9.66%), Magnesium: 36.86mg (9.21%), Vitamin D: 1.34µg (8.97%), Vitamin K: 8.83µg (8.41%), Copper: 0.11mg (5.63%), Vitamin E: 0.69mg (4.58%), Vitamin A: 222.39IU (4.45%), Vitamin C: 2.76mg (3.34%)