



## Masa Corn Cakes with Poached Eggs

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



704 kcal

SIDE DISH

### Ingredients

- 8 large eggs
- 0.3 cup feta cheese crumbled plus more for garnish
- 0.3 cup cilantro leaves fresh chopped
- 1 haas avocados chopped for garnish
- 1 jalapeno finely chopped for less heat (remove seeds )
- 4 servings kosher salt
- 2 cups masa harina corn flour
- 2 tablespoons olive oil extra-virgin

- 0.3 small onion diced white red finely
- 2 teaspoons sugar
- 1 pound tomatoes diced ripe finely
- 3 tablespoons butter unsalted sliced
- 1 tablespoon vinegar white
- 2 cups milk whole

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- spatula

## Directions

- See how to poach eggs
- Combine the tomatoes, onion, jalapeno, cilantro and 1 teaspoon salt in a bowl.
- Preheat the oven to 200 degrees. Make the corn cakes: Warm the milk and butter in a small saucepan over low heat just until the butter melts.
- Combine the masa harina, 1 teaspoon salt, the sugar and queso fresco in a large bowl. Stir in the milk mixture to make a soft dough. Scoop the dough into 8 portions (about 1/4 cup each) and place on a parchment-lined baking sheet. Cover with another sheet of parchment; press a pan on top to flatten into disks.
- Heat 1 tablespoon olive oil in a large nonstick skillet over medium heat. Working in batches, fry the corn cakes until crisp and golden on the bottom, about 3 1/2 minutes; flip, press lightly with a spatula and cook until golden on the other side. Continue with the remaining cakes, adding more oil as needed. Season the cakes with salt; place on a baking sheet and keep warm in the oven while you poach the eggs.
- Bring a deep pan of water to a simmer over medium-low heat; add the vinegar. Poach the eggs.

Divide the corn cakes among 4 plates; top each cake with a poached egg, salsa and cheese; serve with avocado.

Photograph by Yunhee Kim

## Nutrition Facts

**PROTEIN 14.39%** **FAT 51.44%** **CARBS 34.17%**

### Properties

Glycemic Index:81.77, Glycemic Load:5.22, Inflammation Score:-9, Nutrition Score:36.349999966829%

### 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 Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

### Nutrients (% of daily need)

Calories: 704.04kcal (35.2%), Fat: 41.19g (63.37%), Saturated Fat: 14.48g (90.51%), Carbohydrates: 61.58g (20.53%), Net Carbohydrates: 53g (19.27%), Sugar: 12.13g (13.48%), Cholesterol: 416.23mg (138.74%), Sodium: 472.67mg (20.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.85%), Vitamin B2: 1.2mg (70.46%), Vitamin B1: 1.03mg (68.9%), Selenium: 43.34µg (61.92%), Folate: 227.27µg (56.82%), Phosphorus: 541.03mg (54.1%), Vitamin A: 2327.23IU (46.54%), Vitamin B6: 0.76mg (38.22%), Vitamin B3: 7.48mg (37.4%), Iron: 6.7mg (37.24%), Calcium: 363.56mg (36.36%), Fiber: 8.58g (34.3%), Vitamin C: 25.31mg (30.67%), Vitamin B5: 2.97mg (29.66%), Potassium: 1019.52mg (29.13%), Vitamin B12: 1.74µg (28.96%), Vitamin E: 4.2mg (28.03%), Magnesium: 110.61mg (27.65%), Vitamin K: 28.99µg (27.61%), Manganese: 0.51mg (25.31%), Vitamin D: 3.77µg (25.16%), Zinc: 3.62mg (24.14%), Copper: 0.35mg (17.47%)