



Mexican Corn Cakes

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



155 kcal

SIDE DISH

Ingredients

- 1.5 cups baking mix bisquick heart smart®
- 0.5 cup cornmeal
- 1 cup skim milk fat-free (skim)
- 3 egg whites
- 16 oz salsa thick
- 0.5 cup corn frozen cooked drained
- 2 tablespoons olives ripe chopped
- 16 oz refried beans fat free canned

- 2 oz cheddar cheese shredded reduced-fat
- 1 serving cream fat-free sour

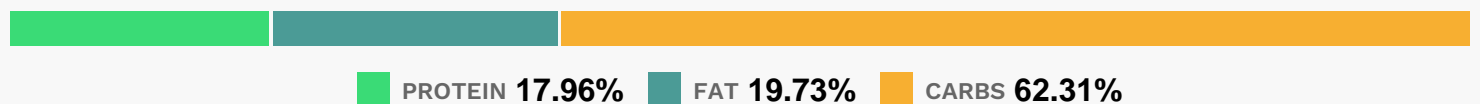
Equipment

- bowl
- frying pan
- microwave

Directions

- Heat nonstick griddle to 375°F or heat skillet over medium heat; grease with shortening if necessary. In large bowl, stir Bisquick® mix, cornmeal, milk and egg whites until blended.
- Pour batter by 1/4 cupfuls onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden.
- In small bowl, mix salsa, corn and olives.
- Place 1 corn cake on each of 6 microwavable serving plates; spread each cake with generous 2 tablespoons beans. Top each with additional corn cake.
- Spread 1/3 cup salsa mixture over top of each cake stack.
- Sprinkle each serving with generous 1 tablespoon cheese.
- Microwave each serving uncovered on High about 1 minute or until heated through and cheese is melted.
- Serve with additional salsa and sour cream if desired.

Nutrition Facts



Properties

Glycemic Index:11.73, Glycemic Load:4.19, Inflammation Score:-4, Nutrition Score:6.2143478808196%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 155.09kcal (7.75%), Fat: 3.39g (5.21%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 20.65g (7.51%), Sugar: 5.36g (5.96%), Cholesterol: 2.08mg (0.69%), Sodium: 730.68mg (31.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Phosphorus: 168.53mg (16.85%), Fiber: 3.44g (13.77%), Calcium: 100.86mg (10.09%), Vitamin B2: 0.16mg (9.59%), Vitamin B1: 0.14mg (9.32%), Manganese: 0.15mg (7.44%), Vitamin B6: 0.14mg (7.22%), Vitamin B3: 1.42mg (7.11%), Folate: 26.75µg (6.69%), Iron: 1.19mg (6.62%), Selenium: 4.63µg (6.61%), Potassium: 216.1mg (6.17%), Magnesium: 23.09mg (5.77%), Vitamin A: 275.46IU (5.51%), Zinc: 0.61mg (4.07%), Vitamin E: 0.56mg (3.73%), Vitamin B5: 0.36mg (3.65%), Copper: 0.07mg (3.61%), Vitamin B12: 0.21µg (3.55%), Vitamin K: 2.62µg (2.5%), Vitamin D: 0.23µg (1.53%), Vitamin C: 1.26mg (1.53%)