



## Mexican Corn Cakes (Cooking for 2)

 Vegetarian

READY IN



20 min.

SERVINGS



3

CALORIES



370 kcal

SIDE DISH

### Ingredients

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

- 1 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 small 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 another small bowl, mix salsa, corn and olives.
- Place 1 corn cake on each of 3 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



**PROTEIN 19.64%** **FAT 16.84%** **CARBS 63.52%**

## Properties

Glycemic Index:46.92, Glycemic Load:10.34, Inflammation Score:-6, Nutrition Score:13.981304376022%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 369.61kcal (18.48%), Fat: 6.81g (10.47%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 57.77g (19.26%), Net Carbohydrates: 47.51g (17.28%), Sugar: 13.08g (14.54%), Cholesterol: 4.53mg (1.51%), Sodium: 1982.59mg (86.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.73%), Fiber: 10.26g (41.04%), Phosphorus: 345.14mg (34.51%), Calcium: 235.11mg (23.51%), Vitamin B2: 0.36mg (21.04%), Vitamin B1: 0.29mg (19.02%), Iron: 3.11mg (17.3%), Manganese: 0.31mg (15.53%), Vitamin B6: 0.31mg (15.47%), Selenium: 10.57µg (15.1%), Vitamin B3: 2.98mg (14.89%), Folate: 54.59µg (13.65%), Potassium: 474.06mg (13.54%), Vitamin A: 676.98IU (13.54%), Magnesium: 48.78mg (12.2%), Zinc: 1.26mg (8.42%), Vitamin E: 1.25mg (8.35%), Copper: 0.15mg (7.67%), Vitamin B5: 0.76mg (7.61%), Vitamin B12: 0.44µg (7.37%), Vitamin K: 5.71µg (5.44%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.46µg (3.06%)