



## Mexican Corn Cakes (Cooking for 2)

 Vegetarian

READY IN



20 min.

SERVINGS



3

CALORIES



307 kcal

SIDE DISH

### Ingredients

- 0.3 cup cornmeal
- 2 egg whites
- 0.5 cup skim milk fat-free (skim)
- 0.3 cup corn frozen cooked drained
- 1 oz cheddar cheese shredded reduced-fat
- 1 tablespoon olives ripe chopped
- 0.5 cup refried beans fat-free
- 1 cup salsa thick

- 3 servings cream fat-free sour
- 0.8 cup baking mix bisquick heart smart®

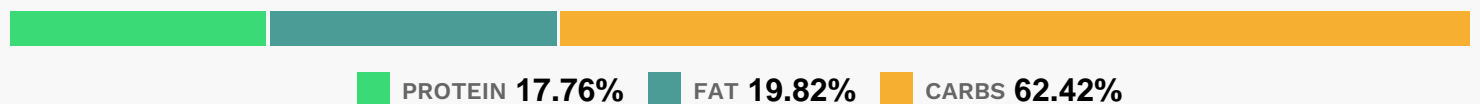
## Equipment

- bowl
- frying pan
- microwave

## Directions

- Heat nonstick griddle to 375F 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



## Properties

Glycemic Index:46.92, Glycemic Load:7.46, Inflammation Score:-6, Nutrition Score:13.143043518066%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 306.95kcal (15.35%), Fat: 6.81g (10.47%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 42.63g (15.5%), Sugar: 10.36g (11.52%), Cholesterol: 5.97mg (1.99%), Sodium: 1365.77mg (59.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.45%), Phosphorus: 360.34mg (36.03%), Vitamin B2: 0.38mg (22.45%), Fiber: 5.59g (22.35%), Calcium: 218.42mg (21.84%), Vitamin B1: 0.29mg (19.45%), Selenium: 11.42µg (16.31%), Vitamin B6: 0.31mg (15.63%), Manganese: 0.31mg (15.53%), Vitamin B3: 2.99mg (14.94%), Potassium: 494.7mg (14.13%), Folate: 56.35µg (14.09%), Magnesium: 50.38mg (12.6%), Vitamin A: 625.49IU (12.51%), Iron: 2.11mg (11.74%), Zinc: 1.34mg (8.95%), Vitamin E: 1.25mg (8.35%), Vitamin B12: 0.49µg (8.17%), Copper: 0.16mg (7.8%), Vitamin B5: 0.76mg (7.61%), Vitamin K: 5.71µg (5.44%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.46µg (3.06%)