

Mini Corn Cakes

 Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup spring onion chopped (5 medium)
- ☐ 0.3 cup celery chopped
- ☐ 0.3 cup bell pepper red chopped
- ☐ 1 cup breadcrumbs white soft ()
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon ground pepper red (cayenne)

- ☐ 2 eggs slightly beaten
- ☐ 11 oz corn whole drained canned
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup chives sour
- ☐ 0.5 cup frangelico

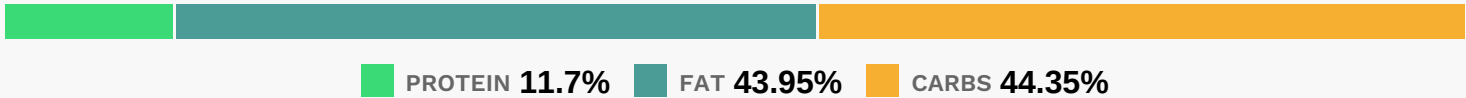
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, melt butter over medium heat.
- ☐ Add onions, celery and bell pepper; cook 3 minutes, stirring occasionally.
- ☐ In medium bowl, stir vegetable mixture and remaining ingredients except oil and sour cream until well blended.
- ☐ In same skillet, heat 2 teaspoons of the oil over medium heat. Cooking 8 corn cakes at a time, drop corn mixture into oil by tablespoonfuls, spreading each into 1 1/2-inch round. Cook 1 minute to 1 minute 30 seconds on each side, carefully turning once, until golden brown. Cook remaining corn cakes, using 2 teaspoons oil for each batch of 8 corn cakes.
- ☐ Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:2.116956513861%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 48.95kcal (2.45%), Fat: 2.4g (3.69%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.61g (0.68%), Cholesterol: 13.64mg (4.55%), Sodium: 114.73mg (4.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin K: 7.56µg (7.2%), Vitamin C: 3.67mg (4.45%), Folate: 13.54µg (3.39%), Vitamin B1: 0.05mg (3.32%), Vitamin A: 166.22IU (3.32%), Selenium: 2.29µg (3.26%), Manganese: 0.06mg (2.95%), Vitamin B2: 0.04mg (2.46%), Vitamin B3: 0.44mg (2.21%), Phosphorus: 22.05mg (2.2%), Iron: 0.36mg (1.98%), Vitamin E: 0.2mg (1.35%), Calcium: 13.24mg (1.32%), Fiber: 0.33g (1.31%), Potassium: 43.73mg (1.25%), Magnesium: 4.87mg (1.22%), Zinc: 0.17mg (1.11%), Copper: 0.02mg (1.08%), Vitamin B6: 0.02mg (1.05%)