



Mini Corn Cakes with Avocado and Tomatoes

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



227 kcal

SIDE DISH

Ingredients

- 4 avocados diced ripe
- 1 teaspoon double-acting baking powder
- 1 stick butter
- 24 cherry tomatoes halved
- 1 tablespoon asian chile paste (sambal oelek)
- 8 tablespoons cornmeal
- 4 eggs
- 2 cups flour all-purpose

- 1 bunch cilantro leaves fresh chopped
- 2 cups regular corn frozen
- 1 clove garlic smashed finely chopped
- 2 juice of lime juiced
- 1 teaspoon kosher salt
- 40 servings kosher salt
- 1 cup milk
- 40 servings olive oil extra-virgin

Equipment

- bowl
- frying pan
- sauce pan

Directions

- For the avocados and tomatoes: Slice the avocados in half lengthwise. Carefully remove the pit. Using a spoon, scoop out the flesh from the skin and then dice.
- In a large bowl, toss the avocados with the lime juice, chile paste, cilantro, garlic, and salt. Taste to make sure it is delicious and well seasoned. Cover with plastic and let sit.
- Toss the cherry tomatoes with olive oil and season with salt. Taste to make sure they are delicious. Cover and let sit.
- For the corn cakes: Melt the butter in a small saucepan over low heat.
- Combine the cornmeal, flour, baking powder, and salt in a large bowl. Stir to combine. Make a hole in the center of the dry ingredients and add the eggs, milk, and melted butter. Stir until just combined.
- Add in the corn kernels and stir to combine.
- Coat a cast iron pan with olive oil and bring to a medium-high heat. Spoon the batter into the pan the size of half dollars. When the sides of the cakes have set and the bottom is lightly browned, turn the cakes over and cook on the other side.
- Remove the cakes and top with some avocado and a tomato half.

Nutrition Facts

PROTEIN 4.12% FAT 77.26% CARBS 18.62%

Properties

Glycemic Index:10.64, Glycemic Load:4.61, Inflammation Score:-3, Nutrition Score:5.4047826165738%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 227.48kcal (11.37%), Fat: 20.12g (30.95%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 8.89g (3.23%), Sugar: 0.81g (0.9%), Cholesterol: 23.17mg (7.72%), Sodium: 292.9mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Vitamin E: 2.62mg (17.5%), Vitamin K: 13.82µg (13.16%), Folate: 35.49µg (8.87%), Fiber: 2.02g (8.08%), Vitamin C: 5.52mg (6.69%), Vitamin B2: 0.1mg (5.81%), Vitamin B1: 0.09mg (5.8%), Selenium: 3.95µg (5.64%), Manganese: 0.11mg (5.61%), Vitamin B6: 0.1mg (5.14%), Potassium: 177.79mg (5.08%), Phosphorus: 50.11mg (5.01%), Vitamin B3: 0.98mg (4.92%), Vitamin B5: 0.45mg (4.53%), Iron: 0.76mg (4.25%), Vitamin A: 198.84IU (3.98%), Magnesium: 14.49mg (3.62%), Copper: 0.07mg (3.45%), Zinc: 0.4mg (2.63%), Calcium: 22.3mg (2.23%), Vitamin B12: 0.08µg (1.28%), Vitamin D: 0.16µg (1.03%)