



Mini Corn Cakes with Smoked Salmon and Dill Crème Fraîche

 **Gluten Free**  **Very Healthy**

READY IN



70 min.

SERVINGS



1

CALORIES



2368 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons double-acting baking powder
- 8.3 oz regular corn cream-style canned
- 1 cup crème fraîche
- 1 serving garnish: dill weed fresh
- 2 large eggs
- 2 tablespoons dill weed fresh finely chopped
- 1 tablespoon juice of lemon fresh

- 8 oz salmon smoked flaked thinly sliced
- 1 cup heavy whipping cream sour
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup cornmeal plain white

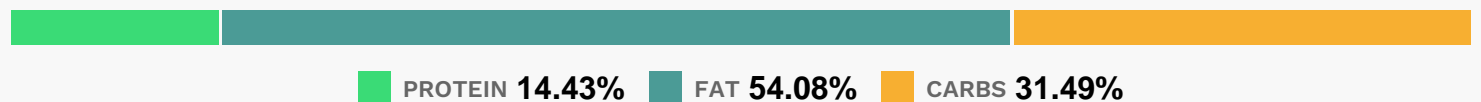
Equipment

- oven
- whisk
- muffin tray

Directions

- Preheat oven to 350
- Whisk together first 7 ingredients until smooth. Spoon 1 heaping teaspoonful corn mixture into each cup of a well-greased 24-cup miniature muffin pan.
- Bake at 350 for 20 minutes. Cool 10 minutes.
- Stir together crme frache, dill, and lemon juice. Top muffins with crme frache and salmon.

Nutrition Facts



Properties

Glycemic Index:122, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:73.031304898469%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 2367.68kcal (118.38%), Fat: 144.79g (222.75%), Saturated Fat: 57.36g (358.5%), Carbohydrates: 189.76g (63.25%), Net Carbohydrates: 170.35g (61.94%), Sugar: 26.31g (29.23%), Cholesterol: 695.56mg (231.85%), Sodium: 5641.66mg (245.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.91g (173.82%), Vitamin D: 40.78µg (271.88%), Selenium: 122.17µg (174.53%), Phosphorus: 1617.28mg (161.73%), Vitamin B12: 9.25µg (154.16%), Vitamin B2: 1.81mg (106.21%), Vitamin B6: 2.07mg (103.6%), Vitamin B5: 9.45mg (94.55%), Calcium: 926.83mg (92.68%), Vitamin B3: 17.93mg (89.66%), Magnesium: 340.41mg (85.1%), Fiber: 19.42g (77.67%), Vitamin A: 3846.55IU (76.93%), Manganese: 1.32mg (66.16%), Zinc: 9.92mg (66.16%), Iron: 11.67mg (64.85%), Potassium: 2151.44mg (61.47%), Vitamin E: 8.86mg (59.06%), Folate: 234.94µg (58.73%), Copper: 1.15mg (57.62%), Vitamin K: 58.08µg (55.32%), Vitamin B1: 0.74mg (49.15%), Vitamin C: 20.3mg (24.61%)