



Mini Cornmeal Cakes with Heirloom Tomato Relish

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



62 kcal

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 4.5 tablespoons buttermilk whole
- 4 teaspoons crème fraîche sour reduced-fat
- 1 large eggs separated
- 0.3 cup flour all-purpose
- 0.3 cup basil fresh chopped
- 3 garlic cloves minced

- 1 pound heirloom tomatoes seeded finely chopped
- 0.3 teaspoon kosher salt
- 0.5 teaspoon kosher salt
- 1 teaspoon olive oil extra-virgin
- 2 tablespoons cornmeal yellow

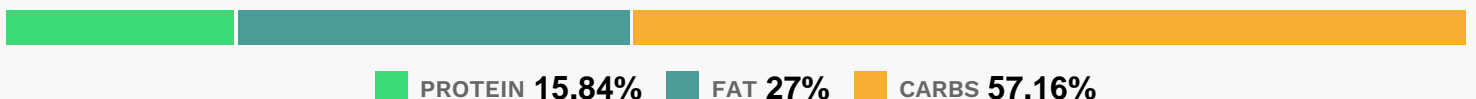
Equipment

- bowl
- frying pan
- whisk
- blender
- measuring cup

Directions

- Combine first 6 ingredients.
- Weigh or lightly spoon flour into a dry measuring cup; level.
- Combine flour and next 3 ingredients (through 1/4 teaspoon pepper) in a medium bowl.
- Combine buttermilk and egg yolk; add milk mixture to flour mixture, stirring with a whisk just until moist.
- Place egg white in a bowl; beat with a mixer at high speed until medium peaks form. Fold one-fourth of egg white into buttermilk mixture. Gently fold in remaining egg white.
- Heat a large skillet over medium-high heat. Lightly coat pan with cooking spray. Spoon about 1 tablespoon batter per pancake into pan, spreading slightly. Cook 1 minute or until tops are covered with bubbles and edges begin to set. Turn and cook 1 minute. Repeat with remaining batter for a total of 16 pancakes. Top each pancake with 1/4 teaspoon crme frache and 1 1/2 teaspoons tomato relish.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.06, Glycemic Load:4.8, Inflammation Score:-5, Nutrition Score:4.6452174342197%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 62.39kcal (3.12%), Fat: 1.91g (2.94%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 7.97g (2.9%), Sugar: 2g (2.22%), Cholesterol: 24.88mg (8.29%), Sodium: 240.72mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin A: 567.22IU (11.34%), Vitamin C: 8.27mg (10.03%), Manganese: 0.17mg (8.51%), Vitamin K: 8.29µg (7.9%), Selenium: 4.38µg (6.26%), Folate: 23.04µg (5.76%), Vitamin B1: 0.08mg (5.29%), Potassium: 181.52mg (5.19%), Vitamin B2: 0.09mg (5.09%), Phosphorus: 48.26mg (4.83%), Vitamin B6: 0.09mg (4.61%), Fiber: 1.14g (4.56%), Vitamin B3: 0.74mg (3.68%), Iron: 0.65mg (3.6%), Magnesium: 12.94mg (3.23%), Vitamin E: 0.48mg (3.18%), Copper: 0.06mg (3.14%), Calcium: 26.96mg (2.7%), Zinc: 0.35mg (2.37%), Vitamin B5: 0.23mg (2.27%), Vitamin B12: 0.1µg (1.71%), Vitamin D: 0.24µg (1.59%)