



Mini Polenta Cakes with Smoked Salmon

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



75 kcal

Ingredients

- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 0.3 cup nonfat cream cheese softened
- ☐ 1 eggs
- ☐ 3 egg whites
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup buttermilk low-fat
- ☐ 2.3 cups low-salt chicken broth

- ☐ 2 teaspoons butter
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 tablespoons nonfat yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 3 ounces cold-smoked salmon cut into 20 (2 x 1/2-inch) strips
- ☐ 0.3 teaspoon pepper white
- ☐ 1 cup cornmeal yellow

Equipment

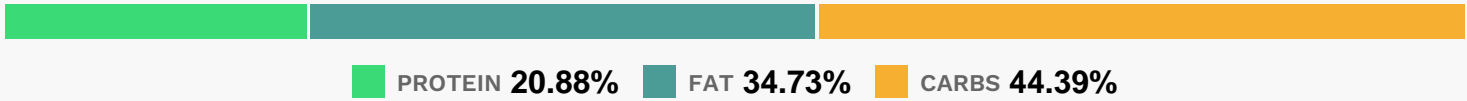
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Combine first 3 ingredients in a large saucepan. Gradually add broth, stirring constantly with a wire whisk. Bring to a boil, and reduce heat to medium. Cook 3 minutes or until thickened, stirring constantly.
- ☐ Remove from heat; stir in buttermilk and Parmesan cheese, and set aside.
- ☐ Place the corn and onion in a food processor, and process until corn is coarsely chopped.
- ☐ Combine corn mixture, egg whites, and egg in a large bowl; stir well. Stir in cornmeal mixture, 1/4 teaspoon salt, and peppers.
- ☐ Pour polenta mixture into an 11 x 7-inch baking dish coated with cooking spray, spreading evenly.
- ☐ Bake at 400 for 50 minutes or until browned.

- ☐ Let mixture cool.
- ☐ Cut corn mixture into 20 decorative shapes with a 1 1/2-inch cutter.
- ☐ Remove shapes from baking dish, and arrange on a baking sheet coated with cooking spray.
Discard remaining polenta mixture.
- ☐ Bake at 400 for 20 minutes.
- ☐ Combine nonfat cream cheese, yogurt, grated lemon rind, and dash of salt in a small bowl; stir well, and set aside. Spoon about 1/4 teaspoon cream cheese mixture onto each polenta cake. Top each cake with a salmon strip, and garnish with fresh dill, if desired.

Nutrition Facts



Properties

Glycemic Index:9.23, Glycemic Load:3.57, Inflammation Score:-1, Nutrition Score:3.0630434706159%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 74.69kcal (3.73%), Fat: 2.94g (4.52%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.47g (2.72%), Sugar: 1.23g (1.37%), Cholesterol: 13.4mg (4.47%), Sodium: 146.39mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Selenium: 4.39µg (6.27%), Phosphorus: 62.61mg (6.26%), Vitamin D: 0.78µg (5.18%), Vitamin B2: 0.08mg (4.9%), Vitamin B3: 0.88mg (4.4%), Vitamin B6: 0.08mg (4%), Vitamin B12: 0.24µg (3.98%), Fiber: 0.98g (3.93%), Manganese: 0.07mg (3.57%), Magnesium: 13.5mg (3.38%), Zinc: 0.46mg (3.09%), Calcium: 29.87mg (2.99%), Potassium: 103.51mg (2.96%), Copper: 0.05mg (2.61%), Iron: 0.42mg (2.36%), Vitamin B1: 0.03mg (2.31%), Folate: 8.46µg (2.12%), Vitamin B5: 0.21mg (2.1%), Vitamin A: 99.55IU (1.99%), Vitamin E: 0.17mg (1.17%)