



Pecan-Buttermilk Dressing Cakes

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



312 kcal

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 3 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup pecans
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 teaspoons rubbed sage

- ☐ 1 teaspoon salt
- ☐ 0.5 cup cranberries dried sweetened chopped

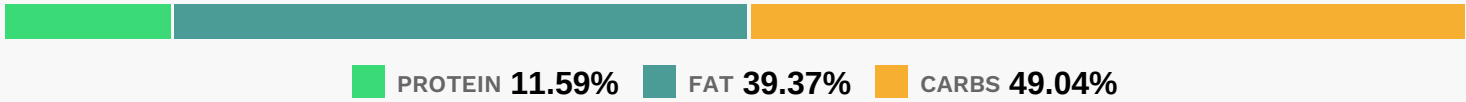
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Place pecans in a single layer in a shallow pan.
- ☐ Bake at 350 for 5 minutes or until toasted, stirring occasionally. Coarsely chop.
- ☐ Saut onion and sage in hot oil in a large skillet 5 minutes or until onion is tender.
- ☐ Add cranberries and 1/2 cup water; bring to a boil, and cook 10 minutes or until water evaporates.
- ☐ Remove from heat.
- ☐ Combine flour and next 3 ingredients.
- ☐ Whisk together eggs and buttermilk; stir in flour mixture, onion mixture, and pecans just until combined.
- ☐ Drop batter by tablespoonfuls into a hot greased skillet. Cook, in batches, over medium-high heat 1 to 2 minutes on each side or until golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:20.58, Inflammation Score:-5, Nutrition Score:12.105652192365%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg

Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 311.67kcal (15.58%), Fat: 13.87g (21.34%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 36.14g (13.14%), Sugar: 9.51g (10.56%), Cholesterol: 76.35mg (25.45%), Sodium: 484.42mg (21.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.37%), Manganese: 0.85mg (42.33%), Selenium: 20.47µg (29.24%), Vitamin B1: 0.4mg (26.61%), Vitamin B2: 0.38mg (22.57%), Folate: 80.83µg (20.21%), Phosphorus: 163.99mg (16.4%), Iron: 2.36mg (13.11%), Copper: 0.24mg (11.87%), Vitamin B3: 2.34mg (11.72%), Fiber: 2.73g (10.93%), Calcium: 97.19mg (9.72%), Zinc: 1.3mg (8.69%), Magnesium: 32.46mg (8.11%), Vitamin B5: 0.81mg (8.06%), Vitamin D: 1.15µg (7.7%), Vitamin B12: 0.44µg (7.38%), Potassium: 214.64mg (6.13%), Vitamin B6: 0.11mg (5.52%), Vitamin E: 0.7mg (4.7%), Vitamin A: 208.83IU (4.18%), Vitamin K: 2.27µg (2.16%), Vitamin C: 0.9mg (1.09%)