



Pulled Pork Griddle Cakes

READY IN



45 min.

SERVINGS



16

CALORIES



180 kcal

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1.7 cups buttermilk
- ☐ 1.5 cups self-rising corn meal mix white
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups barbequed pulled pork chopped (without sauce)
- ☐ 16 servings salsa fresh
- ☐ 1 tablespoon sugar

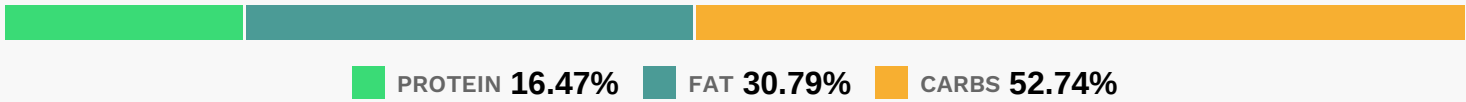
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together cornmeal mix and next 5 ingredients just until moistened; stir in pulled pork.
- ☐ Pour about 1/4 cup batter for each griddle cake onto a hot, lightly greased griddle or large nonstick skillet. Cook 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side 2 to 3 minutes or until done.
- ☐ Serve immediately with salsa.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:3.06, Inflammation Score:-4, Nutrition Score:6.1999999492065%

Nutrients (% of daily need)

Calories: 179.82kcal (8.99%), Fat: 6.26g (9.63%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 22.46g (8.17%), Sugar: 7.53g (8.37%), Cholesterol: 44.36mg (14.79%), Sodium: 648.48mg (28.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.07%), Phosphorus: 152.47mg (15.25%), Folate: 54.77µg (13.69%), Vitamin B1: 0.17mg (11.33%), Calcium: 104.87mg (10.49%), Vitamin B2: 0.17mg (10.07%), Iron: 1.49mg (8.27%), Vitamin A: 384.3IU (7.69%), Manganese: 0.15mg (7.39%), Vitamin B3: 1.45mg (7.23%), Vitamin B6: 0.14mg (6.96%), Fiber: 1.69g (6.74%), Selenium: 4.49µg (6.41%), Potassium: 162.75mg (4.65%), Magnesium: 17.57mg (4.39%), Vitamin E: 0.54mg (3.58%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.49mg (3.27%), Vitamin D: 0.45µg (3%), Copper: 0.06mg (2.97%), Vitamin B12: 0.18µg (2.92%), Vitamin K: 1.63µg (1.56%), Vitamin C: 1.14mg (1.38%)