



Rustic Corn Cakes With Creamy Cumin Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- 2 cups whole-kernel corn frozen thawed
- 4 servings creamy cumin sauce
- 3 large egg whites
- 0.3 cup milk fat-free
- 0.3 cup flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 0.5 cup green onions finely chopped

- 0.1 teaspoon ground pepper red
- 0.3 teaspoon ground pepper fresh black
- 2 tablespoons juice of lime
- 0.3 cup mayonnaise low-fat
- 0.5 cup bell pepper green red chopped
- 0.8 teaspoon salt
- 0.8 cup cornmeal yellow
- 1 cup zucchini chopped

Equipment

- bowl
- frying pan
- knife
- spatula
- measuring cup

Directions

- Prepare Creamy Cumin Sauce; set aside.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add corn and next 3 ingredients; cook 8 minutes or until tender. Stir in onions. Cool completely.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 4 ingredients in a large bowl.
- Combine vegetable mixture, mayonnaise, and next 4 ingredients; add to flour mixture, stirring until moist.
- Heat a large nonstick skillet or nonstick griddle coated with cooking spray over medium-low heat. Spoon about 1/2 cup corn mixture onto skillet; flatten each patty to 1/2-inch thickness with a spatula. Cook 3 minutes on each side. Repeat procedure with remaining corn mixture.
- Serve with Creamy Cumin Sauce.
- Garnish with lime wedges, if desired.

Nutrition Facts

PROTEIN 13.68% FAT 22.83% CARBS 63.49%

Properties

Glycemic Index:91.19, Glycemic Load:18.05, Inflammation Score:-7, Nutrition Score:14.476086979327%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 281.96kcal (14.1%), Fat: 7.44g (11.44%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 40.69g (14.8%), Sugar: 7.43g (8.26%), Cholesterol: 3.45mg (1.15%), Sodium: 814.84mg (35.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.05%), Vitamin K: 42.17µg (40.16%), Vitamin C: 27.3mg (33.09%), Manganese: 0.52mg (26.11%), Fiber: 5.85g (23.39%), Folate: 75.72µg (18.93%), Vitamin B2: 0.32mg (18.87%), Vitamin B6: 0.35mg (17.46%), Phosphorus: 165.46mg (16.55%), Magnesium: 64.37mg (16.09%), Selenium: 11.1µg (15.86%), Vitamin B1: 0.24mg (15.72%), Iron: 2.62mg (14.55%), Potassium: 473.19mg (13.52%), Vitamin B3: 2.44mg (12.22%), Zinc: 1.58mg (10.56%), Vitamin A: 447.5IU (8.95%), Copper: 0.18mg (8.94%), Vitamin B5: 0.73mg (7.32%), Calcium: 58.97mg (5.9%), Vitamin E: 0.87mg (5.79%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.17µg (1.12%)