



Savory Buttermilk Corn Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 cups whole-kernel corn frozen thawed
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup jalapeno seeded finely chopped
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup scallions finely chopped
- ☐ 4 servings cup heavy whipping cream sour
- ☐ 0.5 cup cornmeal yellow stone-ground

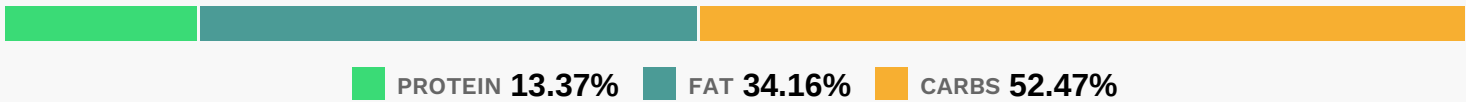
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat the oil in a small skillet over medium heat.
- ☐ Add the corn, bell pepper, and jalapeno, and cook 10 minutes, stirring occasionally.
- ☐ Remove from heat, and stir in the scallions. Set aside.
- ☐ Combine the flour, cornmeal, baking powder, soda, and salt in a large bowl.
- ☐ Whisk the buttermilk and eggs until smooth.
- ☐ Pour the buttermilk mixture into the flour mixture, and stir until just combined. Fold in the corn-pepper mixture.
- ☐ Heat a small nonstick skillet coated with cooking spray (or a little butter) over medium heat. Spoon about 1/3 cup batter into the hot skillet. Turn the pancakes when the tops are covered with bubbles and the edges are browned. Cook about 30 seconds until well-browned.
- ☐ Serve warm with sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:90.63, Glycemic Load:18.71, Inflammation Score:-7, Nutrition Score:14.866956544959%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 322.37kcal (16.12%), Fat: 12.57g (19.35%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 39.02g (14.19%), Sugar: 8.19g (9.1%), Cholesterol: 106.68mg (35.56%), Sodium: 806.52mg (35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.15%), Vitamin C: 21.19mg (25.68%), Vitamin B2: 0.42mg (24.89%), Selenium: 17.39µg (24.85%), Phosphorus: 237.04mg (23.7%), Folate: 90.96µg (22.74%), Manganese: 0.36mg (18.25%), Fiber: 4.45g (17.79%), Vitamin B1: 0.26mg (17.6%), Calcium: 165.92mg (16.59%), Vitamin K: 17.06µg (16.25%), Vitamin A: 760.18IU (15.2%), Vitamin B6: 0.28mg (13.9%), Iron: 2.28mg (12.69%), Vitamin B3: 2.51mg (12.57%), Magnesium: 49.05mg (12.26%), Vitamin B5: 1.18mg (11.81%), Zinc: 1.63mg (10.9%), Potassium: 370.6mg (10.59%), Vitamin E: 1.39mg (9.29%), Vitamin B12: 0.52µg (8.73%), Vitamin D: 1.28µg (8.53%), Copper: 0.14mg (7.13%)