



Shrimp and Corn Cakes with Heirloom Tomato Salsa

READY IN



60 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons canola oil divided
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cups ears corn fresh divided (4 large ears)
- ☐ 2 garlic clove minced

- ☐ 2 spring onion thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 pounds heirloom tomatoes mixed seeded chopped
- ☐ 2 teaspoons hot sauce
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon buttermilk low-fat
- ☐ 0.3 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.5 cup onion diced red
- ☐ 1 serrano chiles minced seeded
- ☐ 1.5 cups shrimp deveined peeled chopped

Equipment

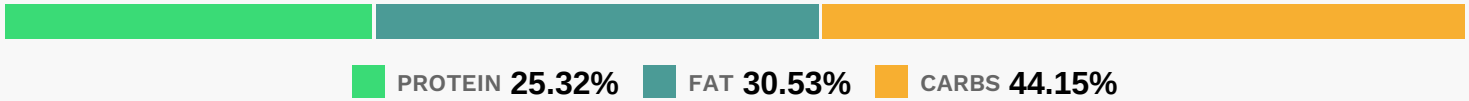
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Combine first 8 ingredients; set aside.
- ☐ Weigh or lightly spoon flours into measuring cups.
- ☐ Combine flours, baking powder, 1/2 teaspoon salt, and black pepper in a bowl.

- ☐ Place 1 1/2 cups corn and next 4 ingredients (through egg) in the bowl of a food processor; process until smooth.
- ☐ Combine pureed corn mixture, remaining 1 1/2 cups corn, bell pepper, shrimp, green onions, and garlic in a large bowl.
- ☐ Add flour mixture, stirring gently until moist.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add 4 (1/4-cup) batter mounds to pan, pressing each with the back of a spatula to slightly flatten; cook for 3 minutes on each side or until golden and thoroughly cooked.
- ☐ Remove from pan; keep warm. Repeat procedure twice with remaining 2 tablespoons oil and batter.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:71.17, Glycemic Load:5.72, Inflammation Score:-8, Nutrition Score:16.606956502666%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 270.04kcal (13.5%), Fat: 9.74g (14.98%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 27.52g (10.01%), Sugar: 8.9g (9.89%), Cholesterol: 126.33mg (42.11%), Sodium: 501.94mg (21.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.34%), Vitamin C: 37.59mg (45.57%), Vitamin A: 1518.15IU (30.36%), Phosphorus: 284.22mg (28.42%), Vitamin K: 25.53µg (24.31%), Folate: 87.81µg (21.95%), Vitamin B1: 0.33mg (21.69%), Manganese: 0.43mg (21.33%), Potassium: 732.63mg (20.93%), Copper: 0.39mg (19.34%), Magnesium: 73.92mg (18.48%), Fiber: 4.18g (16.71%), Vitamin B3: 3.17mg (15.87%), Vitamin E: 2.19mg (14.62%), Vitamin B6: 0.27mg (13.74%), Iron: 2.26mg (12.58%), Vitamin B2: 0.21mg (12.3%), Calcium: 119.83mg (11.98%), Zinc: 1.69mg (11.28%), Selenium: 6.57µg (9.38%), Vitamin B5: 0.87mg (8.68%), Vitamin B12: 0.08µg (1.33%), Vitamin D:

0.17µg (1.11%)