



## Smoky Chicken Corn Cakes

READY IN



35 min.

SERVINGS



4

CALORIES



1136 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon pepper black
- 2 teaspoons canola oil
- 1 tablespoon chipotles in adobo canned chopped
- 4 large eggs
- 0.5 cup flour all-purpose
- 0.3 cup cilantro leaves fresh
- 10 ounces corn frozen thawed
- 1 teaspoon kosher salt

- 3 tablespoons juice of lime fresh
- 1 cup part-skim ricotta
- 1 small onion red thinly sliced
- 4 roma tomatoes diced (plum)
- 3.5 pound rotisserie chicken cut
- 0.5 cup cornmeal yellow

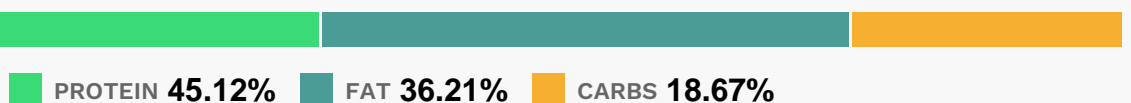
## Equipment

- bowl
- frying pan
- whisk
- spatula

## Directions

- Using a fork or your fingers, shred the chicken meat, discarding the skin and bones. In a medium bowl, combine the meat, chipotle, lime juice, 1/4 teaspoon of the salt, the onion, tomatoes, and cilantro; set aside. In a large bowl, whisk together the flour, cornmeal, baking powder, pepper, and the remaining salt. Stir in the eggs and ricotta until no lumps remain. Fold in the corn.
- Heat the oil in a large nonstick skillet over medium heat. For each corn cake, spoon about 1/4 cup of the batter onto the skillet and cook until golden brown and set on one side, 2 to 3 minutes. Using a spatula, flip the cakes and cook 1 minute more. Divide the cakes among individual plates and top with the chicken mixture.
- Serve with sour cream, if desired. Tip: Turn down the heat in this dish by reducing the chopped chipotle by half or dropping it entirely and using just 1 tablespoon of the adobo sauce.

## Nutrition Facts



## Properties

Glycemic Index:91.13, Glycemic Load:18.62, Inflammation Score:-7, Nutrition Score:19.985217343206%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

## Nutrients (% of daily need)

Calories: 1136.03kcal (56.8%), Fat: 46.13g (70.97%), Saturated Fat: 13.73g (85.8%), Carbohydrates: 53.5g (17.83%), Net Carbohydrates: 47.53g (17.28%), Sugar: 4.05g (4.5%), Cholesterol: 586.24mg (195.41%), Sodium: 2169.84mg (94.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 129.34g (258.68%), Selenium: 32.93µg (47.04%), Phosphorus: 371.94mg (37.19%), Vitamin B2: 0.52mg (30.85%), Folate: 111.76µg (27.94%), Manganese: 0.5mg (24.87%), Calcium: 248.3mg (24.83%), Fiber: 5.98g (23.9%), Vitamin C: 19.37mg (23.48%), Vitamin A: 1124.39IU (22.49%), Vitamin B6: 0.44mg (21.88%), Vitamin B1: 0.33mg (21.85%), Zinc: 2.87mg (19.12%), Iron: 3.37mg (18.72%), Magnesium: 73.86mg (18.47%), Potassium: 644.67mg (18.42%), Vitamin B3: 3.12mg (15.62%), Vitamin B5: 1.42mg (14.23%), Copper: 0.22mg (10.97%), Vitamin K: 11.51µg (10.96%), Vitamin B12: 0.62µg (10.41%), Vitamin E: 1.4mg (9.34%), Vitamin D: 1.06µg (7.08%)