



Southwest Corn Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



13

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup cornmeal
- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 2 oz monterrey jack cheese shredded
- ☐ 0.5 cup corn frozen thawed drained
- ☐ 4 oz chilis green chopped canned
- ☐ 1 teaspoon chili powder
- ☐ 1 serving cream sour

- ☐ 1 serving salsa thick
- ☐ 1 serving lettuce shredded
- ☐ 1 serving olives ripe sliced
- ☐ 1.5 cups frangelico

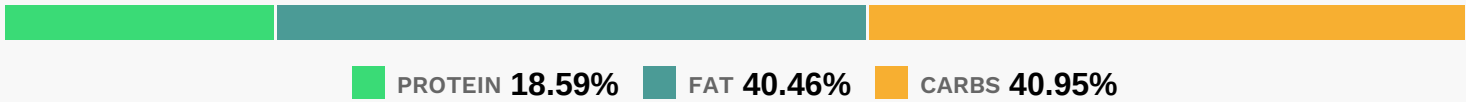
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Brush griddle or skillet with vegetable oil or spray with cooking spray; heat griddle to 375°F or heat skillet over medium heat.
- ☐ In large bowl, stir Bisquick mix, cornmeal, milk and eggs with wire whisk or fork until blended. Stir in cheese, corn, chiles and chili powder.
- ☐ Pour batter by slightly less than 1/4 cupfuls onto hot griddle; spread slightly.
- ☐ Cook until edges are dry. Turn; cook other sides until golden.
- ☐ Serve with sour cream, salsa, lettuce and olives.

Nutrition Facts



Properties

Glycemic Index:12.73, Glycemic Load:3.04, Inflammation Score:-2, Nutrition Score:3.5947826323302%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 74.91kcal (3.75%), Fat: 3.45g (5.31%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 6.72g (2.44%), Sugar: 1.32g (1.47%), Cholesterol: 31.86mg (10.62%), Sodium: 121.75mg (5.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Phosphorus: 75.35mg (7.53%), Calcium: 67.34mg (6.73%), Vitamin B2: 0.09mg (5.49%), Selenium: 3.62µg (5.17%), Vitamin B6: 0.1mg (4.78%), Fiber: 1.13g (4.53%), Vitamin C: 3.69mg (4.47%), Vitamin A: 215.34IU (4.31%), Folate: 15.52µg (3.88%), Zinc: 0.56mg (3.75%), Magnesium: 14.5mg (3.63%), Vitamin B12: 0.2µg (3.33%), Manganese: 0.07mg (3.32%), Iron: 0.57mg (3.14%), Potassium: 110.04mg (3.14%), Vitamin B1: 0.04mg (2.95%), Vitamin B5: 0.26mg (2.61%), Vitamin D: 0.37µg (2.45%), Vitamin K: 2.15µg (2.05%), Vitamin B3: 0.4mg (2%), Vitamin E: 0.28mg (1.85%), Copper: 0.03mg (1.57%)