



Southwestern Corn Cakes

READY IN



45 min.

SERVINGS



2

CALORIES



269 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bell pepper red frozen thawed ()
- ☐ 1 tablespoon olives ripe sliced
- ☐ 2 ounces mild sausage links to package directions and coin cooked chopped reduced-fat
- ☐ 1 cup milk low-fat
- ☐ 0.3 cup eggs fat-free
- ☐ 0.3 cup available by request from butcher
- ☐ 2 tablespoons cornmeal yellow
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup salsa reduced-sodium

☐ 1 serving cilantro leaves

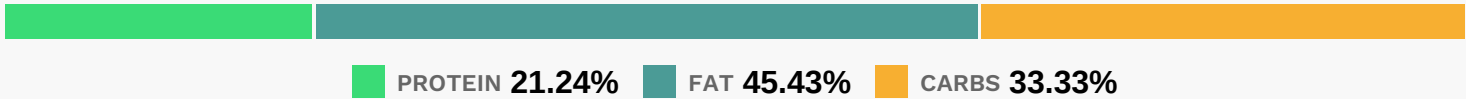
Equipment

- ☐ oven
- ☐ knife
- ☐ blender

Directions

- ☐ Heat oven to 425°. Spray two 10- to 12-ounce individual casseroles or custard cups with nonstick cooking spray. Spoon half the corn mixture, olives and sausage into each casserole.
- ☐ Place milk, egg product, baking mix, cornmeal and chili powder in blender. Cover and blend on high speed 15 seconds or until smooth. (Or beat on high speed 1 minute.)
- ☐ Pour evenly over sausage mixture.
- ☐ Bake uncovered 20 to 25 minutes or until knife inserted in center comes out clean. Cool 10 minutes. Top with salsa and cilantro.

Nutrition Facts



Properties

Glycemic Index:80.25, Glycemic Load:4.82, Inflammation Score:-8, Nutrition Score:16.983478235162%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 268.61kcal (13.43%), Fat: 13.65g (21%), Saturated Fat: 4.51g (28.19%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 19.59g (7.12%), Sugar: 9.66g (10.73%), Cholesterol: 140.99mg (47%), Sodium: 694.19mg (30.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.37g (28.73%), Vitamin C: 48.51mg (58.8%), Vitamin A: 1973.83IU (39.48%), Phosphorus: 264.22mg (26.42%), Vitamin B2: 0.4mg (23.24%), Vitamin B6: 0.45mg (22.28%), Calcium: 218.33mg (21.83%), Vitamin B12: 1.23µg (20.52%), Potassium: 709.46mg (20.27%), Selenium: 12.87µg (18.39%), Vitamin D: 2.27µg (15.16%), Vitamin B1: 0.22mg (14.73%), Zinc: 2.01mg (13.37%), Vitamin B5: 1.33mg

(13.31%), Vitamin B3: 2.53mg (12.67%), Fiber: 2.95g (11.8%), Vitamin E: 1.76mg (11.75%), Magnesium: 43.02mg (10.75%), Folate: 39.05µg (9.76%), Iron: 1.55mg (8.61%), Manganese: 0.16mg (8.24%), Copper: 0.1mg (5.17%), Vitamin K: 4.27µg (4.07%)