



Southwestern Cornbread Dressing Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



185 kcal

Ingredients

- ☐ 1 cup breadcrumbs white soft
- ☐ 2 tablespoons butter
- ☐ 9 ounce chiles green drained chopped canned
- ☐ 20 servings garnish: cilantro sprigs fresh
- ☐ 1 recipe cornbread crumbled
- ☐ 4 ears corn fresh
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic salt

- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons seasoned pepper
- ☐ 2 medium size onions diced sweet
- ☐ 4.5 tablespoons vegetable oil

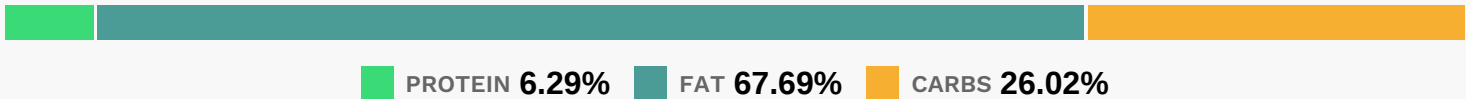
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine crumbled cornbread and breadcrumbs in a large bowl, and set aside.
- ☐ Cut corn kernels from cob.
- ☐ Melt butter in a large nonstick skillet over medium–high heat; add diced onion, and saut for 5 minutes or until tender.
- ☐ Add corn, and saut 5 minutes.
- ☐ Stir together onion mixture, cornbread mixture, green chiles, next 5 ingredients, and if desired, red pepper. Shape mixture into 20 (3–inch) patties. Chill, if desired.
- ☐ Cook one–third of patties in 1 1/2 tablespoons hot oil in a large nonstick skillet over medium heat 2 to 3 minutes on each side or until patties are golden brown, turning gently once. Repeat procedure twice with remaining patties and oil.
- ☐ Serve immediately, or remove to a wire rack to cool. Cover and chill 8 hours, if desired. To reheat, bake in a single layer on a baking sheet at 400 for 8 to 10 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:5.4391304047211%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 184.6kcal (9.23%), Fat: 14.16g (21.79%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 11g (4%), Sugar: 3.7g (4.11%), Cholesterol: 34.31mg (11.44%), Sodium: 325.01mg (14.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin K: 26.4µg (25.15%), Vitamin C: 7.32mg (8.87%), Folate: 33.93µg (8.48%), Manganese: 0.14mg (7.08%), Vitamin B1: 0.11mg (7.03%), Phosphorus: 65.08mg (6.51%), Selenium: 4.51µg (6.44%), Vitamin E: 0.79mg (5.29%), Vitamin B2: 0.09mg (5.03%), Fiber: 1.25g (5.01%), Vitamin B6: 0.1mg (4.96%), Iron: 0.85mg (4.72%), Vitamin B3: 0.87mg (4.37%), Potassium: 135.44mg (3.87%), Vitamin A: 187.74IU (3.75%), Magnesium: 14.51mg (3.63%), Vitamin B5: 0.36mg (3.6%), Calcium: 32.31mg (3.23%), Copper: 0.06mg (2.78%), Zinc: 0.35mg (2.36%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.17µg (1.15%)