



Storecupboard corn pancakes

READY IN



40 min.

SERVINGS



4

CALORIES



692 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 330 g a sweetcorn whole drained canned
- ☐ 2 medium eggs
- ☐ 5 tbsp milk
- ☐ 25 g butter melted
- ☐ 85 g self-raising flour
- ☐ 2 spring onion finely chopped
- ☐ 4 tbsp unrefined sunflower oil for shallow frying
- ☐ 4 tomatoes cut in half
- ☐ 4 servings olive oil for drizzling

- ☐ 8 rashers bacon
- ☐ 4 servings chilli sauce to serve

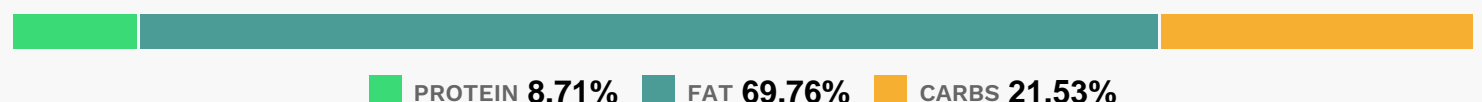
Equipment

- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ grill

Directions

- ☐ First turn the grill on high. If using fresh corn, remove the husk and slice the kernels from the cob with a large sharp knife, then cook them in a pan of boiling water for 5 minutes.
- ☐ Drain and leave to cool while you whisk the eggs, milk and butter together.
- ☐ Whisk in the flour and a large pinch of salt until smooth, then mix in the corn (fresh or canned) and the spring onions.
- ☐ Put the tomatoes cut-side up on a large baking tray, drizzle with olive oil and season with salt and pepper.
- ☐ Lay the bacon next to the tomatoes in a single file on the tray. Grill for 810 minutes until the tomatoes have softened and the bacon is crispy, turning the rashers over at half time.
- ☐ While the bacons crisping up, heat the sunflower oil in a large frying pan.
- ☐ Add 4 large spoonfuls of the batter and fry for 1-2 minutes on each side until the pancakes are puffed up and golden. Lift out on to a plate lined with kitchen paper and cook the remaining 4 pancakes. Bring to the table with a bottle of chilli sauce.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:11.67, Inflammation Score:-8, Nutrition Score:19.393477978914%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 692.3kcal (34.62%), Fat: 54.95g (84.55%), Saturated Fat: 13.77g (86.05%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 34.36g (12.5%), Sugar: 10.07g (11.19%), Cholesterol: 126.57mg (42.19%), Sodium: 400.02mg (17.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.87%), Vitamin E: 9.18mg (61.21%), Selenium: 24.98µg (35.69%), Vitamin A: 1560.75IU (31.22%), Vitamin K: 32.19µg (30.66%), Vitamin C: 23.59mg (28.59%), Phosphorus: 253.13mg (25.31%), Manganese: 0.46mg (23.22%), Vitamin B1: 0.33mg (22.32%), Vitamin B3: 4.24mg (21.22%), Potassium: 699.32mg (19.98%), Folate: 74.48µg (18.62%), Vitamin B6: 0.35mg (17.64%), Magnesium: 60.86mg (15.22%), Fiber: 3.8g (15.19%), Vitamin B2: 0.25mg (14.73%), Vitamin B5: 1.46mg (14.57%), Zinc: 1.68mg (11.19%), Copper: 0.2mg (9.76%), Iron: 1.69mg (9.37%), Vitamin B12: 0.53µg (8.79%), Calcium: 60.68mg (6.07%), Vitamin D: 0.82µg (5.48%)