



Sunday Brunch: Cornmeal Pancakes with Honey, Salt and Cracked Black Pepper

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



324 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 tablespoons butter for the griddle
- ☐ 4 servings sea salt black for sprinkling
- ☐ 0.3 cup corn kernels frozen
- ☐ 1 eggs
- ☐ 0.5 cup flour
- ☐ 4 servings honey for drizzling

- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water boiling
- ☐ 1 cup cornmeal yellow

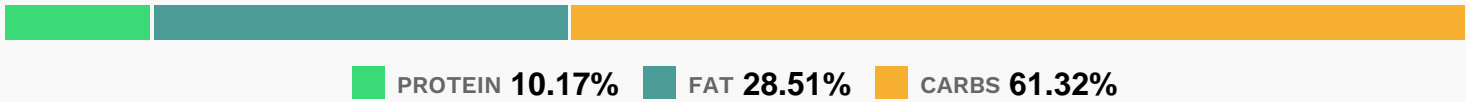
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine cornmeal and honey in a heatproof bowl, boil water and add to honey/cornmeal mixture. Cover and let sit for ten minutes.
- ☐ Mix flour, baking soda and salt until combined. In a separate container, beat egg and milk together. Once cornmeal mixture has sat for ten minutes, combine wet and dry ingredients and fold in softened cornmeal.
- ☐ Add desired amount of frozen corn kernels.
- ☐ Preheat griddle over medium high heat. Melt 1/2 tablespoon of butter on griddle, and add 3 tablespoons of batter for each pancake (make sure to leave room for spreading). When bubbles begin to appear, the pancake is ready to flip. Repeat with remaining batter until all pancakes are cooked.
- ☐ Serve these pancakes with a drizzle of honey, cracked black pepper and coarse sea salt.

Nutrition Facts



Properties

Glycemic Index:70.94, Glycemic Load:29.47, Inflammation Score:-4, Nutrition Score:9.5747826099396%

Nutrients (% of daily need)

Calories: 324.17kcal (16.21%), Fat: 10.36g (15.93%), Saturated Fat: 4.98g (31.14%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 45.69g (16.61%), Sugar: 8.53g (9.48%), Cholesterol: 59.63mg (19.88%), Sodium: 1137.05mg (49.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Manganese: 0.39mg (19.4%), Vitamin

B1: 0.27mg (17.92%), Fiber: 4.45g (17.78%), Selenium: 11.85µg (16.93%), Phosphorus: 167.14mg (16.71%), Vitamin B6: 0.29mg (14.28%), Magnesium: 53.61mg (13.4%), Folate: 52.69µg (13.17%), Vitamin B2: 0.22mg (13.16%), Iron: 2.18mg (12.1%), Zinc: 1.68mg (11.21%), Vitamin B3: 2.09mg (10.46%), Copper: 0.14mg (7.19%), Potassium: 229.1mg (6.55%), Vitamin B5: 0.65mg (6.48%), Vitamin A: 289.89IU (5.8%), Calcium: 52.99mg (5.3%), Vitamin B12: 0.27µg (4.58%), Vitamin D: 0.56µg (3.7%), Vitamin E: 0.46mg (3.08%)