



Sweet and Savory Menu: Rosemary Corn Cakes with Prosciutto and Chicken Sausages with Hot and Sweet Peppers

READY IN



25 min.

SERVINGS



4

CALORIES



622 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 4 cherry peppers red hot chopped
- ☐ 2 packages chicken sausages such as sun-dried tomato or garlic
- ☐ 8.5 ounces corn muffin mix (recommended: Jiffy)
- ☐ 1 eggs
- ☐ 2 tablespoons rosemary leaves fresh finely chopped
- ☐ 0.5 cup honey

- ☐ 1 tablespoon pepper juice hot
- ☐ 0.8 cup milk
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 large cubanelle peppers light sweet green italian seeded thinly sliced (long, peppers)
- ☐ 4 slices pancetta chopped
- ☐ 4 servings salt and pepper
- ☐ 2 cups water

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ microwave

Directions

- ☐ Preheat a griddle or nonstick skillet over medium heat.
- ☐ Prick sausages with a fork and place in a large skillet then add 1-inch of water to the pan.
- ☐ Add 2 tablespoons extra-virgin olive oil to the pan then bring water up to a boil then reduce the heat to medium.
- ☐ Let the sausages cook until the liquid evaporates 10 minutes. Work on the corn cakes, see below. Move the sausages off to 1 side of the pan to allow the casings to crisp and brown.
- ☐ Add peppers to the other side of the pan, season with salt and pepper and let them cook until just tender.
- ☐ Add hot peppers to sweet peppers and combine and douse the pan with a splash of pepper juice, just before you serve them.
- ☐ For the cakes, combine muffin mix with egg and 2 tablespoons of the butter heat it in the microwave on high for 15 seconds, with the milk, rosemary, chopped prosciutto and a few grinds of black pepper. Rub the griddle with remaining butter nested in a paper towel to lightly coat the cooking surface. Form 6 small cakes, 2 to 3 inches and cook cakes until golden on each side, then repeat with remaining mixture.
- ☐ Serve sausages with peppers on top and the cakes alongside drizzled with honey.

Nutrition Facts



PROTEIN 5.79% **FAT 40.79%** **CARBS 53.42%**

Properties

Glycemic Index:48.82, Glycemic Load:19.39, Inflammation Score:-8, Nutrition Score:17.370434906172%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.89mg, Luteolin: 3.89mg, Luteolin: 3.89mg, Luteolin: 3.89mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 622.05kcal (31.1%), Fat: 28.84g (44.36%), Saturated Fat: 10.58g (66.1%), Carbohydrates: 84.98g (28.33%), Net Carbohydrates: 78.63g (28.59%), Sugar: 51.46g (57.18%), Cholesterol: 75.82mg (25.27%), Sodium: 1114.12mg (48.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.43%), Vitamin C: 71.81mg (87.05%), Phosphorus: 396.98mg (39.7%), Fiber: 6.34g (25.37%), Vitamin B1: 0.36mg (23.98%), Vitamin B2: 0.33mg (19.48%), Folate: 72.51µg (18.13%), Vitamin B6: 0.36mg (18.07%), Manganese: 0.35mg (17.33%), Vitamin A: 838.25IU (16.77%), Vitamin B3: 2.9mg (14.48%), Vitamin K: 14.72µg (14.02%), Selenium: 9.69µg (13.84%), Iron: 2.34mg (13%), Vitamin E: 1.85mg (12.33%), Calcium: 117.87mg (11.79%), Potassium: 354.64mg (10.13%), Magnesium: 34.45mg (8.61%), Vitamin B5: 0.81mg (8.1%), Copper: 0.16mg (7.96%), Vitamin B12: 0.46µg (7.62%), Zinc: 1.01mg (6.72%), Vitamin D: 0.76µg (5.04%)