



Sweet 'n' Corny Hoecakes

 Vegetarian

READY IN



35 min.

SERVINGS



14

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup cornmeal recommended: Indian Head
- ☐ 1 eggs beaten
- ☐ 1 cup flour
- ☐ 0.8 cup regular corn yellow frozen thawed
- ☐ 14 servings kosher salt
- ☐ 14 servings maple syrup for serving
- ☐ 1.5 cups milk thin

- ☐ 0.3 cup sugar
- ☐ 2 teaspoons vegetable oil for frying

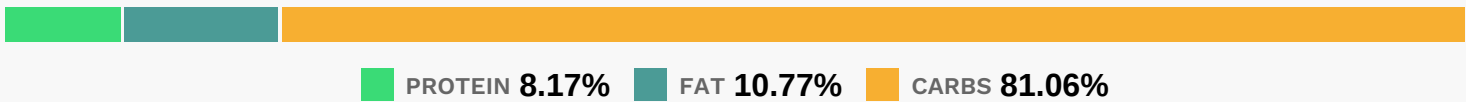
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ice cream scoop

Directions

- ☐ In a large bowl combine flour, cornmeal, sugar, baking powder, and 1 teaspoon salt.
- ☐ In a medium bowl, whisk the thawed corn, egg, milk, and vegetable oil.
- ☐ Pour into the bowl with the dry ingredients and combine. Allow to rest for 5 minutes.
- ☐ Preheat the oven to 200 degrees F.
- ☐ In a cast iron pan on medium-high heat, add enough vegetable oil to fill the pan about 1/2-inch deep. When the oil begins to swirl, add the batter in batches to the pan using a small ice cream scoop or 1/4 cup measure to make each hoecake. Gently spread into a circle, if needed. Flip the hoecakes when the air pockets begin to pop on the surface of the batter and a peek underneath the cake reveals a golden rim and surface, about 2 minutes.
- ☐ Once the second side is golden brown, transfer the hoecakes to a baking sheet in a warm oven and continue making the rest.
- ☐ Serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:27.15, Glycemic Load:17.85, Inflammation Score:-2, Nutrition Score:6.2339130821435%

Nutrients (% of daily need)

Calories: 174.07kcal (8.7%), Fat: 2.1g (3.23%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 34.01g (12.37%), Sugar: 17.02g (18.91%), Cholesterol: 14.83mg (4.94%), Sodium: 256.53mg (11.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Manganese: 0.61mg (30.51%), Vitamin B2: 0.37mg (21.62%), Vitamin B1: 0.14mg (9.49%), Phosphorus: 84.9mg (8.49%), Calcium: 83.43mg (8.34%), Selenium: 5.26µg (7.52%), Folate: 25.21µg (6.3%), Fiber: 1.56g (6.23%), Magnesium: 24.78mg (6.2%), Vitamin B6: 0.11mg (5.4%), Iron: 0.94mg (5.23%), Zinc: 0.77mg (5.1%), Vitamin B3: 1mg (5.01%), Potassium: 160.86mg (4.6%), Vitamin B12: 0.17µg (2.82%), Vitamin B5: 0.28mg (2.78%), Copper: 0.05mg (2.39%), Vitamin D: 0.35µg (2.34%), Vitamin A: 59.68IU (1.19%)