



Tomato-and-Okra Cornmeal Cakes

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



53 kcal

Ingredients

- 50 servings arugula
- 2 teaspoons double-acting baking powder
- 0.3 cup canola oil
- 1 large eggs
- 50 servings basil fresh
- 1 garlic clove
- 1 jalapeno seeded finely chopped
- 50 servings kosher salt
- 0.5 pound okra fresh thinly sliced

- 50 servings pepper freshly ground
- 0.8 cup creamy pimiento cheese your favorite
- 1 teaspoon sea salt fine
- 1 pound tomatoes cut into 1/4-inch-thick slices
- 2 cups cornmeal plain yellow

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk

Directions

- Whisk together first 3 ingredients in a large bowl.
- Whisk together egg and 1 1/2 cups water; add to cornmeal mixture, whisking until smooth.
- Smash garlic to make a paste. Stir okra, jalapeo, and garlic paste into cornmeal mixture. (Batter will be thick and will thicken even more as it sits, so add water, if needed.)
- Heat 1 Tbsp. oil in a large cast-iron skillet over medium heat.
- Pour 1 Tbsp. batter for each cake into skillet, and gently flatten into a 2-inch cake. (Don't overcrowd the cakes in the skillet.) Cook 2 to 3 minutes or until tops are covered with bubbles. Turn and cook 2 to 3 more minutes.
- Transfer to a paper towel-lined plate. Season with kosher salt and pepper. Keep warm in a 200 oven. Repeat procedure with remaining batter and oil.
- Spread each cake with about 1 tsp. pimiento cheese. Top with arugula, tomato, basil, and kosher salt and pepper.

Nutrition Facts



PROTEIN 9.44% FAT 42.88% CARBS 47.68%

Properties

Glycemic Index:8.53, Glycemic Load:3.06, Inflammation Score:-4, Nutrition Score:3.8969565020955%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 53.32kcal (2.67%), Fat: 2.54g (3.9%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 5.27g (1.92%), Sugar: 0.95g (1.06%), Cholesterol: 5.66mg (1.89%), Sodium: 299.3mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin K: 22.37µg (21.3%), Vitamin A: 492.08IU (9.84%), Manganese: 0.16mg (7.84%), Vitamin C: 4.73mg (5.73%), Calcium: 48.15mg (4.81%), Folate: 17.87µg (4.47%), Fiber: 1.08g (4.31%), Magnesium: 16.77mg (4.19%), Vitamin B6: 0.07mg (3.44%), Phosphorus: 31.38mg (3.14%), Potassium: 102.07mg (2.92%), Iron: 0.5mg (2.78%), Vitamin B1: 0.04mg (2.49%), Vitamin E: 0.36mg (2.41%), Copper: 0.04mg (2.18%), Zinc: 0.32mg (2.12%), Vitamin B3: 0.31mg (1.55%), Vitamin B2: 0.03mg (1.5%), Vitamin B5: 0.12mg (1.23%), Selenium: 0.77µg (1.1%)