



WHATSheATE



## Zesty Zucchini Corn Cakes



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup zucchini grated
- ☐ 0.5 cup corn frozen thawed (from 12-oz bag)
- ☐ 0.3 cup onion chopped
- ☐ 1 eggs
- ☐ 1 tablespoon milk
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 serving vegetable oil for cooking, if desired

- ☐ 0.3 cup cream sour
- ☐ 1 cup cherry tomatoes quartered
- ☐ 1 sprigs basil fresh
- ☐ 1 cup frangelico

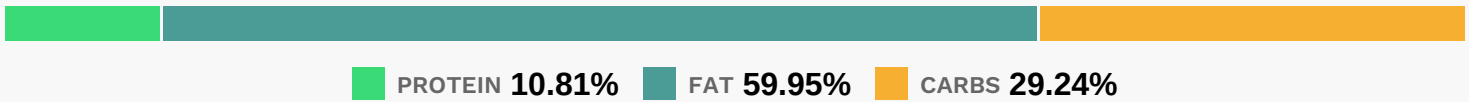
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In large bowl, stir together zucchini, corn, onion, egg, Bisquick mix, milk, salt and pepper.
- ☐ Grease griddle or skillet with oil, or use nonstick griddle; heat over medium heat (350°F). For each corn cake, pour 1/4 cup batter onto hot griddle. Cook until golden brown on both sides.
- ☐ Serve corn cakes topped with sour cream and tomatoes.
- ☐ Garnish with basil.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:6.3091304716857%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

## Nutrients (% of daily need)

Calories: 123.8kcal (6.19%), Fat: 8.71g (13.4%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 8.16g (2.97%), Sugar: 3g (3.34%), Cholesterol: 52.68mg (17.56%), Sodium: 467.09mg (20.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin C: 16.53mg (20.04%), Vitamin K: 11.67µg (11.11%), Manganese: 0.18mg (9.18%), Vitamin A: 457.8IU (9.16%), Vitamin B2: 0.15mg (8.63%), Phosphorus: 83.86mg (8.39%), Potassium: 287mg (8.2%), Vitamin B6: 0.16mg (7.96%), Folate: 29.14µg (7.28%), Selenium: 4.64µg (6.62%),

Fiber: 1.39g (5.56%), Magnesium: 20.98mg (5.24%), Vitamin E: 0.73mg (4.87%), Calcium: 44.58mg (4.46%), Vitamin B5: 0.44mg (4.36%), Iron: 0.78mg (4.33%), Vitamin B1: 0.06mg (4.27%), Copper: 0.08mg (3.79%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.54mg (3.61%), Vitamin B12: 0.16µg (2.64%), Vitamin D: 0.26µg (1.74%)