

Corn Cakes

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-corn-cakes-recipe>

Ingredients:

- white corn
- salt
- boiling water
- bacon drippings
- 2 eggs
- 2 teaspoons sugar
- 1/2 cup low fat milk
- 1/4 teaspoon baking powder
- 1 cup corn meal
- 1 cup corn I wish you could see the whole kernels of corn in these. Although you can't see them in the photo, they are there
- 1/4 teaspoon sea salt

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 105 milligrams
4. Fat: 4.5 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 430 milligrams
9. Sugar: 6 grams

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