



## 3-Ingredient Protein Pancakes



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



604 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 eggs
- 3 tablespoons ghee
- 120 grams rolled oats
- 250 g german quark

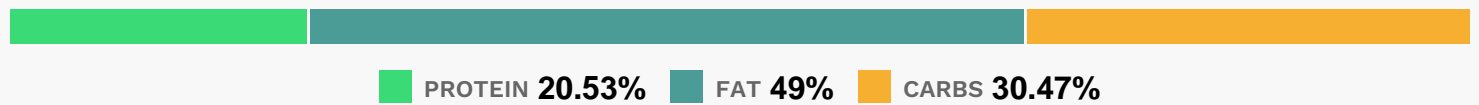
### Equipment

- food processor
- frying pan
- blender

## Directions

- Blend the rolled oats in a blender or food processor until you have a fine powder.
- Blend the ground oats with the quark and eggs.
- Pour the thick batter into a hot, greased skillet and use the back of a spoon to form round pancakes.
- Flip the pancakes once the sides are firm and turning brown..
- Serve with berries, bananas, maple syrup, powdered sugar, fruit sauce, etc.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:13.82, Inflammation Score:-4, Nutrition Score:18.574347781098%

## Nutrients (% of daily need)

Calories: 603.88kcal (30.19%), Fat: 32.95g (50.69%), Saturated Fat: 16.78g (104.9%), Carbohydrates: 46.1g (15.37%), Net Carbohydrates: 40.04g (14.56%), Sugar: 5.84g (6.49%), Cholesterol: 303.12mg (101.04%), Sodium: 222.77mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.1%), Manganese: 2.2mg (109.82%), Selenium: 37.6µg (53.72%), Phosphorus: 376.68mg (37.67%), Fiber: 6.06g (24.24%), Vitamin B2: 0.39mg (23.21%), Magnesium: 90.72mg (22.68%), Iron: 3.7mg (20.58%), Zinc: 3.04mg (20.24%), Vitamin B1: 0.3mg (20.16%), Vitamin B5: 1.68mg (16.84%), Copper: 0.28mg (14.11%), Folate: 50.22µg (12.56%), Vitamin B12: 0.59µg (9.79%), Potassium: 308.28mg (8.81%), Vitamin D: 1.32µg (8.8%), Vitamin B6: 0.17mg (8.61%), Vitamin A: 356.4IU (7.13%), Calcium: 68.16mg (6.82%), Vitamin E: 0.94mg (6.3%), Vitamin B3: 0.72mg (3.61%), Vitamin K: 1.4µg (1.33%)