



Bacon & parsley hotcakes

READY IN



25 min.

SERVINGS



8

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 100 g bacon smoked
- ☐ 100 g self raising flour
- ☐ 50 g cheddar cheese grated
- ☐ 1 tsp thyme sprigs dried fresh
- ☐ 2 tbsp parsley chopped
- ☐ 2 eggs
- ☐ 6 tbsp milk
- ☐ 8 servings unrefined sunflower oil for frying
- ☐ 8 servings poached eggs

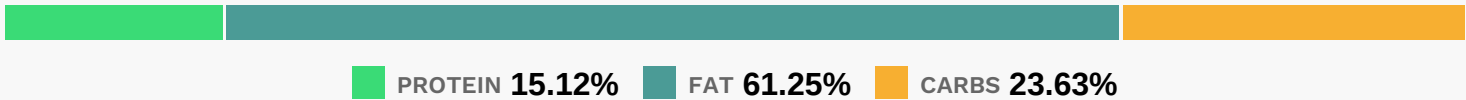
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Dry-fry the lardons until crisp and golden. Tip onto a plate to cool.
- ☐ Mix the flour, cheese, herbs, lardons, salt and pepper in a bowl. Make a well in the centre and drop in the eggs. Beat with a wooden spoon, then gradually add the milk, drawing the flour into the centre as you go. You should end up with a fairly thick batter.
- ☐ Heat a little oil in a frying pan, drop in large spoonfuls of the batter, then cook until the hotcakes start to set around the edges. Flip them over, then cook until golden. Keep warm while you cook remaining hotcakes.
- ☐ Serve each person 2 hotcakes topped with a poached egg and a spoonful of crme frache, garnishing with extra thyme, if you like.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:6.13, Inflammation Score:-3, Nutrition Score:5.1982608722604%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

Nutrients (% of daily need)

Calories: 171.85kcal (8.59%), Fat: 11.6g (17.85%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 9.73g (3.54%), Sugar: 0.65g (0.73%), Cholesterol: 60.47mg (20.16%), Sodium: 147.28mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.89%), Selenium: 13.14µg (18.77%), Vitamin K: 15.99µg (15.23%), Vitamin E: 1.44mg (9.6%), Phosphorus: 94.52mg (9.45%), Calcium: 68.96mg (6.9%), Vitamin B2: 0.12mg (6.84%), Manganese: 0.11mg (5.4%), Vitamin B12: 0.29µg (4.91%), Vitamin A: 235.28IU (4.71%), Zinc: 0.7mg (4.64%), Vitamin B1: 0.06mg (3.88%), Vitamin B5: 0.38mg (3.8%), Vitamin B6: 0.07mg (3.52%), Vitamin B3: 0.67mg (3.33%),

Folate: 12.45µg (3.11%), Vitamin D: 0.45µg (3.01%), Iron: 0.46mg (2.56%), Magnesium: 9.74mg (2.43%), Potassium: 81.37mg (2.32%), Copper: 0.04mg (2.04%), Vitamin C: 1.42mg (1.73%), Fiber: 0.35g (1.38%)