



Cheddar Cheese Pancakes, with Heirloom Tomato, Avocado and Warm Bacon Vinaigrette

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



430 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 servings warm bacon vinaigrette (see recipe)
- 2 large eggs separated
- 4 servings kosher salt and pepper black freshly ground
- 0.5 teaspoon mustard seeds
- 1 teaspoon pepper flakes red
- 2 cup sharp cheddar cheese grated
- 0.5 cup cup heavy whipping cream sour

- 2 tablespoon vegetable oil thick plus more if necessary 3 or 4 heirloom tomatoes, sliced into ½-inch round
- 1 cup bell pepper yellow cut into ¼-inch dice

Equipment

- bowl
- frying pan
- whisk

Directions

- Stir together cheese, sour cream, bell pepper, scallions (reserving some for garnish), flour, mustard, ½-teaspoon salt, ¼-teaspoon pepper, cayenne, and egg yolks in a large bowl. Set this aside. In another large bowl, beat egg whites until stiff peaks form. Fold beaten egg whites into reserved batter. Do not mix or stir vigorously. Try and keep the air from deflating too much from the yolk, but do mix thoroughly.
- Heat 2 tablespoons of vegetable oil) in cast iron or non-stick skillet over medium heat until hot but not smoking. Working in batches of 3 or 4, spoon some of the batter into skillet forming 2 to 3 inch cakes. Use the back of the spoon to achieve a uniform shape about ½ inch thick. Cook, turning once, until they are well-browned and crisp, 8 to 10 minutes. They can be difficult to turn if you attempt to do so too early, so have patience. You may (add more fat oil at any point if skillet seems dry. You should get 6 to 8 pancakes. In the meantime, arrange a few rounds of tomato, avocado slices and some whole lettuce leaves onto each plate. Re-heat the vinaigrette, stirring or whisking until quite hot. Set 1 or 2 of the Cheddar cheese pancakes onto each plate and sprinkle some of the cooked bacon chunks over the top. Season with salt and pepper, then garnish with additional scallions. Just before serving drizzle some of the hot vinaigrette over everything. It will wilt and cook slightly some of the vegetables producing a nice variety of textures.
- Serve immediately.

Nutrition Facts

 PROTEIN 18.88%  FAT 75.36%  CARBS 5.76%

Properties

Glycemic Index:24.25, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:16.986956575642%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 429.89kcal (21.49%), Fat: 36.2g (55.69%), Saturated Fat: 17.49g (109.34%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.56g (2.02%), Sugar: 1.52g (1.68%), Cholesterol: 180.98mg (60.33%), Sodium: 568.95mg (24.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.81%), Vitamin C: 69.66mg (84.43%), Calcium: 451.52mg (45.15%), Selenium: 30.15µg (43.07%), Phosphorus: 377.28mg (37.73%), Vitamin B2: 0.45mg (26.24%), Vitamin A: 1173.38IU (23.47%), Zinc: 2.87mg (19.15%), Vitamin B12: 0.99µg (16.53%), Vitamin B6: 0.23mg (11.63%), Folate: 36.9µg (9.22%), Vitamin B5: 0.91mg (9.13%), Magnesium: 31.36mg (7.84%), Potassium: 267.84mg (7.65%), Vitamin E: 1.14mg (7.61%), Vitamin B1: 0.11mg (7.36%), Vitamin B3: 1.41mg (7.06%), Vitamin D: 0.93µg (6.18%), Iron: 0.96mg (5.33%), Copper: 0.1mg (5.2%), Manganese: 0.1mg (5.03%), Vitamin K: 3.16µg (3.01%), Fiber: 0.67g (2.68%)