



Cinnamon-Spiced Swiss Chard Pancakes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 large eggs beaten to blend
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper black
- ☐ 4 servings lemon wedges
- ☐ 0.5 cup matzo meal unsalted
- ☐ 5 tablespoons olive oil ()
- ☐ 1 cup onion chopped

- ☐ 0.8 teaspoon salt
- ☐ 2 bunches swiss chard rinsed chopped

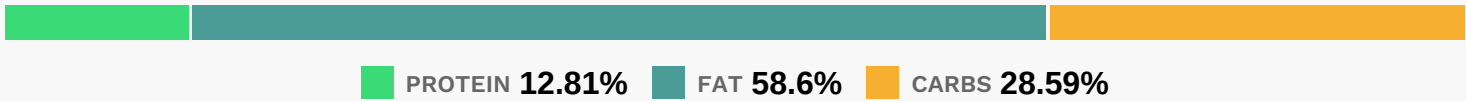
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ sieve

Directions

- ☐ Stir chard with any water still clinging to leaves in large pot over medium-high heat until just wilted but still green, about 3 minutes.
- ☐ Place in sieve; press out moisture. Cool completely.
- ☐ Combine eggs, onion, matzo meal, cinnamon, salt, allspice and pepper in medium bowl; blend well.
- ☐ Mix in chard.
- ☐ Preheat oven to 300°F.
- ☐ Place baking sheet in oven.
- ☐ Heat 3 tablespoons olive oil in heavy medium skillet over medium heat. Working in batches, drop heaping 1 tablespoon Swiss chard mixture for each pancake into skillet; flatten to 1/2-inch thickness. Fry pancakes until golden brown and cooked through, adding more olive oil to skillet as necessary, about 3 minutes per side.
- ☐ Transfer pancakes to baking sheet in oven to keep warm after each batch.
- ☐ Serve pancakes warm with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:1.91, Inflammation Score:-10, Nutrition Score:27.166086715201%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 8.96mg, Kaempferol: 8.96mg, Kaempferol: 8.96mg, Kaempferol: 8.96mg Myricetin: 4.67mg, Myricetin: 4.67mg, Myricetin: 4.67mg, Myricetin: 4.67mg Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg

Nutrients (% of daily need)

Calories: 342.32kcal (17.12%), Fat: 22.88g (35.19%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 21.13g (7.68%), Sugar: 3.62g (4.02%), Cholesterol: 186mg (62%), Sodium: 828.77mg (36.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Vitamin K: 1256.26µg (1196.44%), Vitamin A: 9448.53IU (188.97%), Vitamin C: 48.61mg (58.92%), Manganese: 0.84mg (42.02%), Vitamin E: 5.91mg (39.42%), Magnesium: 136.82mg (34.2%), Selenium: 23.39µg (33.42%), Vitamin B2: 0.43mg (25.06%), Iron: 4.39mg (24.39%), Potassium: 723.57mg (20.67%), Phosphorus: 196.13mg (19.61%), Copper: 0.34mg (16.8%), Fiber: 3.98g (15.94%), Vitamin B6: 0.3mg (15.21%), Folate: 55.33µg (13.83%), Calcium: 123.9mg (12.39%), Vitamin B5: 1.16mg (11.57%), Vitamin B1: 0.17mg (11.13%), Zinc: 1.39mg (9.25%), Vitamin B12: 0.44µg (7.42%), Vitamin B3: 1.38mg (6.9%), Vitamin D: 1µg (6.67%)