



 **14%**  
HEALTH SCORE

## Cocoa Protein Pancakes

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



411 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon cocoa powder
- 1 cup curd cottage cheese
- 3 eggs
- 2 servings maple syrup
- 1 cup rolled oats

### Equipment

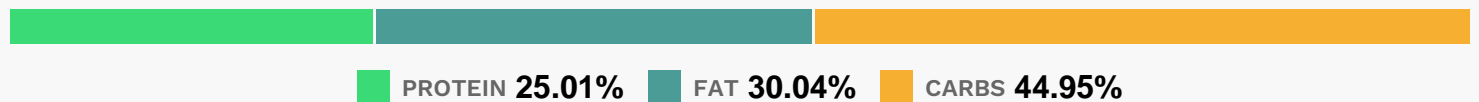
- food processor
- frying pan

blender

## Directions

- Blend the rolled oats in a blender or food processor until you have a fine powder.
- Mix in the cocoa powder.
- Blend the ground oats/cocoa powder with the cottage cheese (or quark, if you can find it) and eggs.
- Pour the thick batter into a hot, oiled 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 maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:51.75, Glycemic Load:15.22, Inflammation Score:-5, Nutrition Score:21.418260869565%

## Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Taste

Sweetness: 100%, Saltiness: 99.75%, Sourness: 25.29%, Bitterness: 15.21%, Savoriness: 65.35%, Fattiness: 89.12%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 410.63kcal (20.53%), Fat: 13.78g (21.2%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 41.37g (15.05%), Sugar: 15.48g (17.2%), Cholesterol: 263.37mg (87.79%), Sodium: 429.23mg (18.66%), Caffeine: 5.75mg (1.92%), Protein: 25.81g (51.62%), Manganese: 2.05mg (102.41%), Selenium: 42.52µg (60.74%), Phosphorus: 482.2mg (48.22%), Vitamin B2: 0.8mg (46.8%), Magnesium: 88.94mg (22.24%), Vitamin B5: 2.06mg (20.57%), Zinc: 3.06mg (20.38%), Fiber: 5.02g (20.08%), Iron: 3.32mg (18.45%), Vitamin B12: 1.04µg (17.32%), Vitamin B1: 0.26mg (17.09%), Calcium: 170.19mg (17.02%), Copper: 0.33mg (16.56%), Folate: 57.39µg (14.35%), Potassium: 430.04mg (12.29%), Vitamin B6: 0.2mg (10.2%), Vitamin A: 503.4IU (10.07%), Vitamin D: 1.43µg

(9.5%), Vitamin E: 0.95mg (6.33%), Vitamin B3: 0.68mg (3.39%), Vitamin K: 1.07µg (1.02%)