



Cottage Cheese Pancakes

 Vegetarian

READY IN



40 min.

SERVINGS



20

CALORIES



72 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black
- 1.5 cups curd cottage cheese
- 3 large eggs
- 6 tablespoons flour all-purpose
- 0.3 cup onion chopped
- 0.3 teaspoon salt
- 7 tablespoons butter unsalted melted

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 200°F.
- Cook onion, 1/8 teaspoon salt, and 1/8 teaspoon pepper in 2 tablespoons butter in a small heavy skillet over moderately low heat, stirring occasionally, until golden brown, about 12 minutes.
- Transfer to a bowl, then add cottage cheese, eggs, flour, 1/4 cup butter, remaining 1/8 teaspoon salt, and remaining 1/8 teaspoon pepper and whisk until combined.
- Brush a 12-inch nonstick skillet with some of remaining butter and heat over moderate heat until hot but not smoking. Working in batches of 5, scoop 1/8-cup measures of batter into skillet and cook until undersides are golden brown, 1 to 2 minutes. Flip and cook until undersides are golden brown and pancakes are cooked through, 1 to 2 minutes more.
- Transfer to a baking sheet and keep warm in oven.
- Brush skillet with butter between batches if necessary.

Nutrition Facts

■ PROTEIN **17.41%** ■ FAT **68.07%** ■ CARBS **14.52%**

Properties

Glycemic Index:8.05, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:1.8882608679326%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 71.79kcal (3.59%), Fat: 5.44g (8.37%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.6g (0.67%), Cholesterol: 41.32mg (13.77%), Sodium: 93.81mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Selenium: 4.77µg (6.82%), Phosphorus: 46.22mg (4.62%), Vitamin B2: 0.08mg (4.44%), Vitamin A: 186.87IU (3.74%), Folate: 10.33µg (2.58%), Vitamin B12: 0.15µg (2.47%), Vitamin B5: 0.23mg (2.28%), Calcium: 20.52mg (2.05%), Vitamin B1: 0.03mg (1.78%), Vitamin D: 0.24µg (1.6%), Iron: 0.26mg (1.43%), Vitamin E: 0.21mg (1.39%), Zinc: 0.19mg (1.26%), Vitamin B6: 0.03mg (1.25%), Manganese: 0.02mg (1.23%), Potassium: 35.79mg (1.02%)