



Cottage Cheese Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup curd cottage cheese
- ☐ 3 eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons vegetable oil

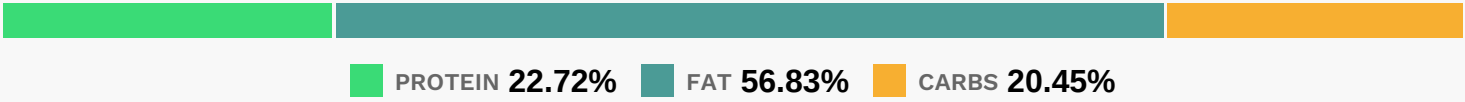
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Combine cottage cheese, flour, oil, and eggs in a large bowl.
- ☐ Heat a large skillet over medium heat, and coat with cooking spray.
- ☐ Pour 1/3 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:6.23, Inflammation Score:-2, Nutrition Score:7.0026087605435%

Nutrients (% of daily need)

Calories: 196.67kcal (9.83%), Fat: 12.3g (18.92%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 9.68g (3.52%), Sugar: 1.55g (1.72%), Cholesterol: 131.68mg (43.9%), Sodium: 212.44mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.12%), Selenium: 18.75µg (26.79%), Vitamin B2: 0.29mg (16.93%), Phosphorus: 160.07mg (16.01%), Vitamin K: 12.64µg (12.03%), Folate: 40.87µg (10.22%), Vitamin B12: 0.52µg (8.66%), Vitamin B5: 0.84mg (8.44%), Vitamin B1: 0.11mg (7.28%), Calcium: 63.62mg (6.36%), Vitamin E: 0.95mg (6.34%), Iron: 1.1mg (6.11%), Vitamin A: 251.7IU (5.03%), Vitamin D: 0.71µg (4.75%), Zinc: 0.71mg (4.72%), Vitamin B6: 0.08mg (4.24%), Manganese: 0.08mg (4.07%), Vitamin B3: 0.69mg (3.46%), Potassium: 111.29mg (3.18%), Copper: 0.05mg (2.7%), Magnesium: 10.45mg (2.61%), Fiber: 0.28g (1.13%)