



Gluten-Free Heart-Friendly Carrot Pancakes



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



25

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 tablespoon canola oil or as needed
- ☐ 14.5 ounce carrots sliced canned
- ☐ 1 teaspoon cream of tartar
- ☐ 1 jumbo eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 2.5 cups oat flour gluten-free
- ☐ 1.5 cups orange juice

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons walnut oil
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup water

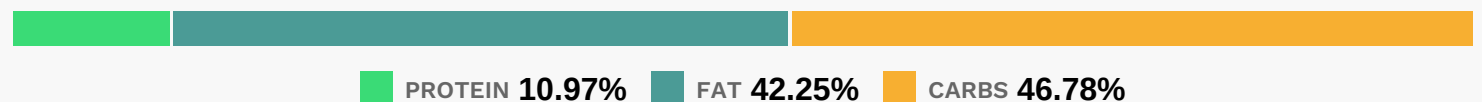
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Pulse walnuts in a food processor or blender until finely crushed; transfer to a large bowl.
- ☐ Whisk oat flour, baking soda, cinnamon, cream of tartar, and salt with the walnuts.
- ☐ Puree carrots in a food processor; transfer to a separate bowl.
- ☐ Whisk orange juice, water, egg, and walnut oil with the pureed carrots until smooth; stir into the dry ingredients to make a rich and hearty batter. Set batter aside to rest for 5 minutes.
- ☐ Heat a small amount of canola oil in a nonstick skillet over medium heat. Tilt skillet to coat cooking surface with oil.
- ☐ Stir the batter again with the whisk. Use a 1/4-cup measuring cup to spoon out the batter, but do not fill the measuring cup. Drop small amounts of the batter into the skillet.
- ☐ Cook pancakes until the edges start to look dry, 3 to 5 minutes; turn and continue cooking until the other side is browned, 3 to 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:4.95, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:7.3513042965661%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 96.18kcal (4.81%), Fat: 4.61g (7.09%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 10.01g (3.64%), Sugar: 2.2g (2.44%), Cholesterol: 9.37mg (3.12%), Sodium: 130.12mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Vitamin A: 2790.99IU (55.82%), Manganese: 0.6mg (30.14%), Vitamin C: 8.44mg (10.23%), Vitamin B1: 0.12mg (7.75%), Phosphorus: 75.67mg (7.57%), Selenium: 5µg (7.15%), Magnesium: 25.04mg (6.26%), Fiber: 1.47g (5.88%), Copper: 0.11mg (5.37%), Potassium: 160.85mg (4.6%), Iron: 0.68mg (3.79%), Folate: 14.91µg (3.73%), Zinc: 0.54mg (3.59%), Vitamin K: 3.23µg (3.08%), Vitamin B6: 0.06mg (3.03%), Vitamin B2: 0.04mg (2.59%), Vitamin E: 0.35mg (2.3%), Vitamin B3: 0.43mg (2.14%), Calcium: 18.49mg (1.85%), Vitamin B5: 0.15mg (1.5%)