

Green Onion Cakes

 Vegetarian  Vegan  Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



90 kcal

Ingredients

- 3 cups bread flour
- 1 bunch spring onion finely chopped
- 16 servings salt and pepper to taste
- 2 teaspoons vegetable oil
- 1.3 cups water boiling

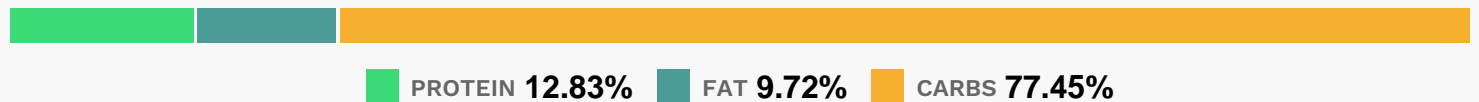
Equipment

- bowl
- frying pan
- plastic wrap

Directions

- Use a fork to mix flour and boiling water in a large bowl. Knead dough into a ball. Cover bowl with plastic wrap; let dough rest for 30 to 60 minutes.
- Evenly divide dough into 16 pieces.
- Roll each piece into a 1/4 inch thick circle.
- Brush each circle with oil, season with salt and pepper, and sprinkle with about 1 teaspoon of green onions.
- Roll up, cigar style, and pinch open ends together to form a circle.
- Roll each circle flat to 1/4 inch.
- Heat 2 teaspoons oil in a large skillet. Fry cakes until golden brown, about 2 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:11.04, Inflammation Score:-1, Nutrition Score:2.0947826452877%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 90.06kcal (4.5%), Fat: 0.95g (1.47%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 16.51g (6%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 195.42mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Selenium: 9.31µg (13.31%), Manganese: 0.19mg (9.43%), Vitamin K: 4.21µg (4.01%), Fiber: 0.6g (2.41%), Copper: 0.05mg (2.35%), Phosphorus: 23.29mg (2.33%), Folate: 8.69µg (2.17%), Magnesium: 6.35mg (1.59%), Zinc: 0.21mg (1.38%), Iron: 0.23mg (1.31%), Vitamin B1: 0.02mg (1.3%), Vitamin B3: 0.24mg (1.21%), Vitamin B5: 0.1mg (1.04%)