



# Green Onion Pancakes with Tomato-Avocado Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 cup avocado peeled chopped
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.1 teaspoon pepper black freshly ground
- 1 large eggs beaten
- 1.5 cups flour all-purpose
- 1 cup green onions chopped

- 2 tablespoons jalapeno seeded finely chopped
- 1.5 cups buttermilk low-fat
- 1 teaspoon oregano fresh minced
- 1.7 cups plum tomatoes seeded chopped
- 1.5 ounces sharp provolone shredded
- 0.5 cup onion red finely chopped
- 2 tablespoons red wine vinegar
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 1 Dash sugar
- 2 teaspoons sugar

## Equipment

- bowl
- frying pan
- knife
- measuring cup

## Directions

- To prepare salsa, combine first 9 ingredients in a bowl. Cover and chill.
- To prepare pancakes, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 5 ingredients (flour through black pepper) in a large bowl; make a well in center of mixture.
- Combine buttermilk and egg in a bowl; add to flour mixture. Stir just until moist.
- Let stand 10 minutes. Fold in green onions and provolone cheese.
- Spoon about 1/4 cup batter onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn pancakes when tops are covered with bubbles and edges look cooked (about 3 minutes).
- Serve salsa over warm pancakes.

# Nutrition Facts

PROTEIN 16.41% FAT 22.22% CARBS 61.37%

## Properties

Glycemic Index:45.02, Glycemic Load:9.93, Inflammation Score:-6, Nutrition Score:7.4534782508145%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## Nutrients (% of daily need)

Calories: 113.28kcal (5.66%), Fat: 2.84g (4.37%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 15.94g (5.8%), Sugar: 3.76g (4.17%), Cholesterol: 19.15mg (6.38%), Sodium: 328.05mg (14.26%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.72g (9.44%), Vitamin K: 22.89µg (21.8%), Vitamin C: 10.47mg (12.69%), Folate: 50.07µg (12.52%), Selenium: 7.82µg (11.18%), Vitamin B1: 0.16mg (10.7%), Vitamin B2: 0.18mg (10.56%), Calcium: 100.71mg (10.07%), Manganese: 0.19mg (9.59%), Phosphorus: 93.99mg (9.4%), Vitamin A: 463.74IU (9.27%), Fiber: 1.71g (6.85%), Iron: 1.21mg (6.73%), Vitamin B3: 1.34mg (6.72%), Potassium: 223.24mg (6.38%), Vitamin B6: 0.09mg (4.72%), Magnesium: 17.04mg (4.26%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.55mg (3.68%), Vitamin E: 0.55mg (3.67%), Copper: 0.07mg (3.67%), Vitamin B12: 0.15µg (2.58%)