



## Japanese Okonomiyaki

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 ounces bacon sliced
- 0.3 cup barbeque sauce
- 1 medium head cabbage cored sliced
- 4 eggs
- 3 cups flour all-purpose
- 2 tablespoons pickled ginger minced
- 1 teaspoon salt
- 1.3 cups water

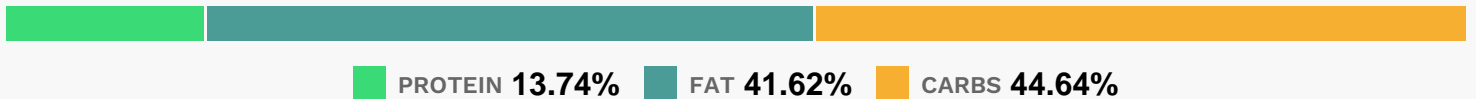
## Equipment

- bowl
- frying pan
- paper towels
- spatula

## Directions

- Fry the bacon in a large skillet over medium heat until slightly crispy.
- Remove to paper towels to drain and set aside.
- In a large bowl, stir together the water and eggs. Gradually stir in the flour and salt until smooth.
- Add the cabbage and ginger; stir until evenly distributed.
- Heat a skillet over medium heat and coat with cooking spray.
- Pour about 1/4 of the batter into the center of the skillet.
- Place 4 slices of cooked bacon in the center. Use a spatula to shape the pancake into a circle. Fry for about 5 minutes or until the edges are dry. Flip and cook on the other side until the center is stable and it is browned on both sides.
- Remove from the pan and drizzle with tonkatsu sauce to serve. Continue with remaining batter and bacon.

## Nutrition Facts



## Properties

Glycemic Index:33.5, Glycemic Load:55.23, Inflammation Score:-8, Nutrition Score:38.269565167634%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 852.32kcal (42.62%), Fat: 39.25g (60.39%), Saturated Fat: 12.93g (80.82%), Carbohydrates: 94.74g (31.58%), Net Carbohydrates: 86.22g (31.35%), Sugar: 13.74g (15.27%), Cholesterol: 219.81mg (73.27%), Sodium: 1438.64mg (62.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.3%), Vitamin K: 173.26µg (165.01%), Vitamin C: 83.56mg (101.29%), Selenium: 63.35µg (90.5%), Vitamin B1: 1.13mg (75.52%), Folate: 291.04µg (72.76%), Manganese: 1.07mg (53.27%), Vitamin B2: 0.84mg (49.2%), Vitamin B3: 9.68mg (48.41%), Phosphorus: 375.98mg (37.6%), Iron: 6.7mg (37.22%), Fiber: 8.52g (34.07%), Vitamin B6: 0.65mg (32.46%), Potassium: 788.04mg (22.52%), Vitamin B5: 2.08mg (20.83%), Zinc: 2.7mg (18.01%), Magnesium: 69.7mg (17.43%), Copper: 0.29mg (14.42%), Calcium: 143.58mg (14.36%), Vitamin B12: 0.82µg (13.61%), Vitamin A: 531.57IU (10.63%), Vitamin E: 1.39mg (9.25%), Vitamin D: 1.22µg (8.13%)