



Korean Pancakes



Vegetarian



Dairy Free

READY IN



4500 min.

SERVINGS



4

CALORIES



391 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium carrots
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 1 cup mung beans dried yellow peeled ()
- ☐ 5 inch to 5 chillies fresh red thinly sliced (2 tablespoons)
- ☐ 0.3 teaspoon pepper dried red hot
- ☐ 2 teaspoons rice vinegar (not seasoned)

- ☐ 1 teaspoon salt
- ☐ 1 bunch spring onion white green (and pale parts only)
- ☐ 0.3 teaspoon sesame oil
- ☐ 1 tablespoon sesame seed toasted
- ☐ 3 tablespoons soya sauce
- ☐ 4 tablespoons vegetable oil
- ☐ 1 cup water

Equipment

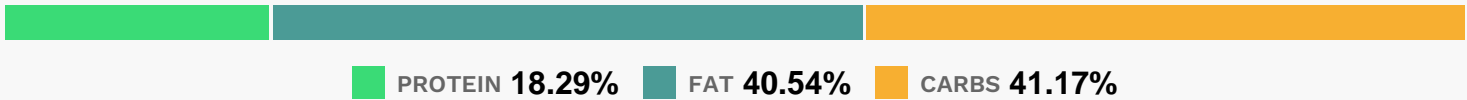
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ sieve
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Stir together all dipping-sauce ingredients in a small bowl.
- ☐ Rinse mung beans in a sieve under cold running water until water runs clear. Cover beans with cold water by 2 inches in a bowl and soak, chilled, at least 2 hours.
- ☐ Cut carrots into thin matchsticks, preferably using slicer. Halve scallions lengthwise and cut into 2-inch pieces.
- ☐ Combine carrots, scallions, chile, and garlic in a large bowl.
- ☐ Drain mung beans and purée with water in a food processor until smooth, about 1 minute.
- ☐ Add eggs, flour, and salt and blend until smooth, about 30 seconds.
- ☐ Pour mixture over vegetables in bowl and stir with a flexible spatula. (Batter will be thick.)

- ☐ Heat 1 tablespoon oil in a large heavy nonstick skillet (at least 8 inches across bottom) over moderate heat until hot but not smoking, then swirl to coat. Stir batter, then ladle 1 cup batter into skillet, pressing down lightly with a large spatula to flatten and evenly distribute vegetables, to make an 8-inch pancake (less than 1/2 inch thick). Cook until edges begin to bubble and turn golden, 1 to 2 minutes, then turn over with spatula and cook until other side is golden, 1 to 2 minutes more.
- ☐ Transfer pancake to paper towels to drain. Make 3 more pancakes in same manner, stacking them (after draining briefly) if desired.
- ☐ Transfer pancakes, 1 at a time, to a cutting board and cut each into 6 wedges.
- ☐ Serve warm or at room temperature with dipping sauce.
- ☐ Mung beans can be soaked up to 12 hours.*Available at Asian markets.**Available at cookware shops and Uwajimaya (800-889-1928).

Nutrition Facts



Properties

Glycemic Index:82.21, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:27.392173932946%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 390.82kcal (19.54%), Fat: 17.99g (27.68%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 31.09g (11.31%), Sugar: 5.54g (6.16%), Cholesterol: 93mg (31%), Sodium: 1406.77mg (61.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.54%), Vitamin A: 5416.82IU (108.34%), Folate: 356.89µg (89.22%), Vitamin K: 46.85µg (44.62%), Fiber: 10.03g (40.12%), Manganese: 0.79mg (39.33%), Copper: 0.65mg (32.55%), Magnesium: 121.02mg (30.26%), Phosphorus: 291.78mg (29.18%), Iron: 4.99mg (27.74%), Vitamin B1: 0.42mg (27.67%), Potassium: 857.31mg (24.49%), Selenium: 14.43µg (20.61%), Vitamin B6: 0.38mg (18.85%), Vitamin B2: 0.31mg (18.1%), Vitamin B5: 1.55mg (15.49%), Zinc: 2.09mg (13.95%), Vitamin E: 1.96mg (13.04%), Vitamin C: 10.68mg (12.94%), Calcium: 126.67mg (12.67%), Vitamin B3: 2.43mg (12.15%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%)