



## Korean Seafood Pancakes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.5 cup cornstarch
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 large jalapeno seeded thinly sliced
- ☐ 1 large bell pepper red cut into thin strips
- ☐ 0.5 teaspoon salt
- ☐ 4 large spring onion halved very thin cut into strips
- ☐ 0.5 pound shrimp deveined halved lengthwise

- ☐ 4 servings soya sauce
- ☐ 0.5 pound squid rings cleaned cut into 1/2-inch rings, large tentacles cut in half
- ☐ 0.3 cup vegetable oil
- ☐ 1.8 cups water

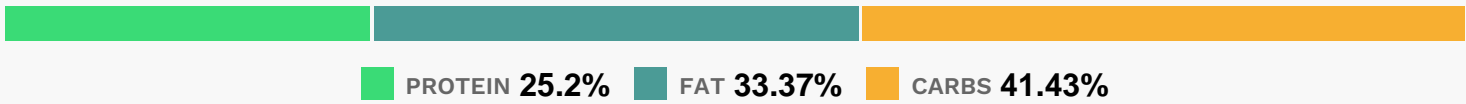
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

## Directions

- ☐ In a large bowl, sift together the flour, cornstarch and salt.
- ☐ Whisk the egg with the water, then whisk into the flour mixture until smooth.
- ☐ In an 8-inch nonstick skillet, heat 1 tablespoon of the oil until shimmering.
- ☐ Add one quarter each of the scallions, red pepper and jalapeo and cook over high heat until barely softened, about 1 minute.
- ☐ Add one quarter each of the shrimp and squid, scattering them evenly in the pan.
- ☐ Pour in 1/3 cup of the batter, tilting the pan to spread it. Cook over high heat until the bottom is crisp and browned, about 3 minutes. Using a spatula, carefully flip the pancake and cook on the other side until set, about 20 seconds. Slide the pancake onto a plate and make 3 more pancakes with the remaining ingredients.
- ☐ Cut them into quarters, or serve whole, with Soy Dipping Sauce.

## Nutrition Facts



## Properties

Glycemic Index:46.5, Glycemic Load:18.32, Inflammation Score:-9, Nutrition Score:26.771739291108%

## Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 443.86kcal (22.19%), Fat: 16.4g (25.23%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 43.08g (15.67%), Sugar: 2.89g (3.21%), Cholesterol: 269.89mg (89.96%), Sodium: 1419.32mg (61.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.75%), Vitamin C: 64mg (77.57%), Vitamin K: 79.59µg (75.8%), Copper: 1.43mg (71.29%), Selenium: 40.63µg (58.04%), Phosphorus: 351.44mg (35.14%), Vitamin A: 1656.9IU (33.14%), Vitamin B2: 0.53mg (31.16%), Folate: 104.94µg (26.24%), Manganese: 0.44mg (22.18%), Vitamin B3: 4.38mg (21.9%), Vitamin B1: 0.31mg (20.64%), Vitamin E: 2.86mg (19.04%), Iron: 3.41mg (18.96%), Magnesium: 66.1mg (16.52%), Potassium: 542.74mg (15.51%), Zinc: 2.31mg (15.4%), Vitamin B12: 0.85µg (14.14%), Vitamin B6: 0.25mg (12.6%), Fiber: 2.74g (10.96%), Calcium: 94.61mg (9.46%), Vitamin B5: 0.84mg (8.39%), Vitamin D: 0.25µg (1.67%)