

THE FOOD AND
PHILOSOPHY

KENNY SHOPSIN

KENNY SHOPSIN — CAROLYNN CARRIÑO

MORE THAN 100 RECIPES

Lemon (or Lime or Orange) Ricotta Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12 servings butter for the griddle and for serving
- 2 lemon zest
- 12 servings warm grade b maple syrup for serving
- 3 cups pancake batter frozen thawed (such as Aunt Jemima batter, , or scratch batter)
- 12 servings vegetable oil; peanut oil preferred for the griddle
- 0.7 cup whole-milk ricotta cheese fresh

Equipment

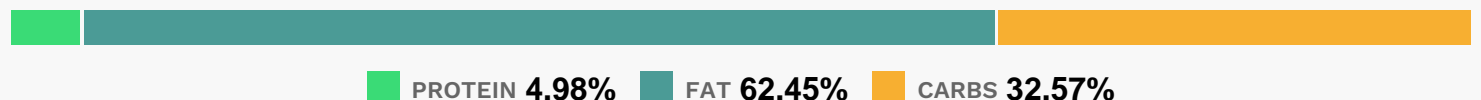
- bowl

- frying pan
- spatula

Directions

- Stir the pancake batter and citrus zest together in a bowl.
- Ever so gently fold in the ricotta cheese, taking care not to destroy its texture.
- Prepare the griddle.
- Drop the pancake batter on the griddle according to the instructions and cook for 2 to 3 minutes, until bubbles appear on almost the entire surface of the pancakes.
- Turn and very gently tap the pancakes with a metal spatula to make them uniform in thickness.
- Cook until the second side is golden, about 2 minutes, and serve A-side up.
- Taste
- Book, using the USDA Nutrition Database
- From Eat Me by Kenny Shopsin Copyright (c) 2008 by Kenny Shopshin Published by Knopf.Kenny Shopsin is a self-taught chef who has developed his own inimitable style: he colors outside of the lines and then uses the crayons in his pancakes. He lives in Greenwich Village.Carolynn Carreño is a James Beard Award-winning journalist and the coauthor of 100 Ways to Be Pasta, Once Upon a Tart, and A Twist of the Wrist. She lives in Los Angeles and New York.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:4.92, Inflammation Score:-2, Nutrition Score:5.4569565627886%

Nutrients (% of daily need)

Calories: 295.86kcal (14.79%), Fat: 20.56g (31.63%), Saturated Fat: 5.6g (35.01%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 23.4g (8.51%), Sugar: 12.47g (13.85%), Cholesterol: 36.01mg (12%), Sodium: 212.49mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.37%), Manganese: 0.51mg (25.28%), Vitamin B2: 0.36mg (21.03%), Vitamin E: 2.32mg (15.44%), Calcium: 116.08mg (11.61%), Phosphorus: 103.04mg (10.3%), Vitamin B1: 0.08mg (5.29%), Selenium: 3.24µg (4.63%), Vitamin A: 206.7IU (4.13%), Potassium: 112.47mg (3.21%), Folate:

11.98µg (2.99%), Magnesium: 11.6mg (2.9%), Fiber: 0.72g (2.89%), Zinc: 0.39mg (2.61%), Iron: 0.46mg (2.54%),
Vitamin B3: 0.42mg (2.11%), Vitamin B12: 0.12µg (1.98%), Vitamin C: 1.49mg (1.8%), Vitamin B6: 0.04mg (1.8%),
Vitamin B5: 0.17mg (1.73%)