



# Manicotti Pancakes I

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



14

CALORIES



59 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 4 eggs
- 1 cup flour all-purpose
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 cup water

## Equipment

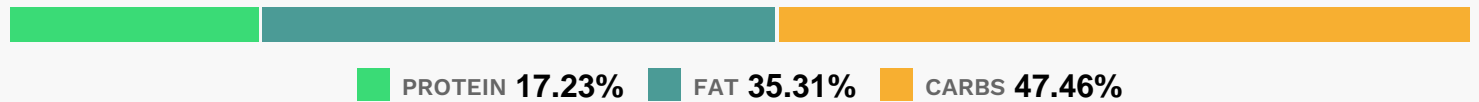
- bowl
- frying pan

- ladle
- baking paper
- oven

## Directions

- Combine flour, eggs, olive oil, salt and water in a medium bowl; stir until smooth.
- Heat a 7 inch skillet over medium-high heat and lightly brush with olive oil. Ladle enough batter into pan to cover the bottom. Cook until top is set and bottom is brown, about 30 seconds. Lift pancake onto parchment paper and repeat. Stuff with meat or cheese filling, top with tomato sauce and bake.

## Nutrition Facts



## Properties

Glycemic Index:5.36, Glycemic Load:4.93, Inflammation Score:-1, Nutrition Score:2.4604347840599%

## Nutrients (% of daily need)

Calories: 59.32kcal (2.97%), Fat: 2.28g (3.51%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.07g (0.08%), Cholesterol: 46.77mg (15.59%), Sodium: 185mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Selenium: 6.89µg (9.84%), Vitamin B2: 0.1mg (5.97%), Folate: 22.25µg (5.56%), Vitamin B1: 0.08mg (5.01%), Iron: 0.64mg (3.56%), Phosphorus: 34.53mg (3.45%), Manganese: 0.06mg (3.24%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.23mg (2.32%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.25µg (1.68%), Zinc: 0.23mg (1.51%), Vitamin A: 67.89IU (1.36%), Vitamin B6: 0.03mg (1.26%), Copper: 0.02mg (1.24%)