



Millet-Scallion Pancakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons buttermilk
- ☐ 3 tablespoons cornstarch
- ☐ 2 large eggs
- ☐ 1.5 teaspoon kosher salt plus more
- ☐ 0.3 cup soy sauce reduced-sodium
- ☐ 0.8 cup millet
- ☐ 8 spring onion divided plus more for serving thinly sliced
- ☐ 1 tablespoon sesame oil toasted

- ☐ 2 teaspoons sesame seed toasted
- ☐ 1 teaspoon sriracha
- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons rice vinegar
- ☐ 6 tablespoons vegetable oil

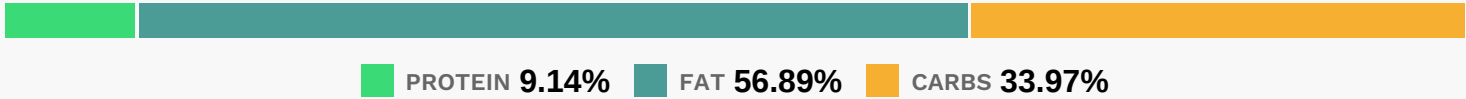
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook millet in a large saucepan of boiling salted water, stirring occasionally, until tender, 15–20 minutes; drain, shaking off as much water as possible.
- ☐ Spread out on a rimmed baking sheet and let cool.
- ☐ Meanwhile, whisk soy sauce, vinegar, sugar, sesame seeds, Sriracha, and 1/4 of scallions in a small bowl; set sauce aside.
- ☐ Whisk eggs, buttermilk, cornstarch, sesame oil, and 1 1/2 teaspoon salt in a medium bowl. Fold in millet and 3/4 of scallions.
- ☐ Working in 3 batches, heat 2 tablespoons vegetable oil in a large nonstick skillet or well-seasoned cast-iron pan over medium-high heat.
- ☐ Add heaping spoonfuls of millet batter to skillet, press to 1/4" thickness, and cook until golden brown, about 3 minutes per side; transfer to a paper towel-lined plate.
- ☐ Sprinkle pancakes with more scallions and serve with reserved sauce.
- ☐ DO AHEAD: Millet can be cooked 2 days ahead; cover and chill. Millet batter can be made 6 hours ahead; cover and chill.
- ☐ Brown rice or quinoa

Nutrition Facts



Properties

Glycemic Index:36.14, Glycemic Load:9.64, Inflammation Score:-4, Nutrition Score:8.1917392378268%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 230.54kcal (11.53%), Fat: 14.61g (22.48%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 17.57g (6.39%), Sugar: 1.94g (2.15%), Cholesterol: 47.74mg (15.91%), Sodium: 864.62mg (37.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Vitamin K: 44.09µg (41.99%), Manganese: 0.39mg (19.64%), Phosphorus: 113.66mg (11.37%), Vitamin B2: 0.17mg (9.87%), Copper: 0.19mg (9.52%), Magnesium: 35.67mg (8.92%), Folate: 35.24µg (8.81%), Fiber: 2.07g (8.27%), Vitamin E: 1.12mg (7.46%), Selenium: 5.18µg (7.4%), Vitamin B1: 0.1mg (6.95%), Iron: 1.2mg (6.69%), Vitamin B6: 0.13mg (6.32%), Vitamin B3: 1.11mg (5.56%), Zinc: 0.69mg (4.62%), Vitamin B5: 0.44mg (4.37%), Vitamin A: 206.56IU (4.13%), Potassium: 142.9mg (4.08%), Calcium: 38.88mg (3.89%), Vitamin C: 2.63mg (3.19%), Vitamin B12: 0.16µg (2.72%), Vitamin D: 0.4µg (2.64%)