



Noodle Pancakes with Caraway

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 teaspoon caraway seeds
- 1 tablespoon vegetable oil
- 1.5 teaspoons butter unsalted
- 1 large eggs beaten
- 0.3 pound extra wide egg noodles fine

Equipment

- bowl
- frying pan

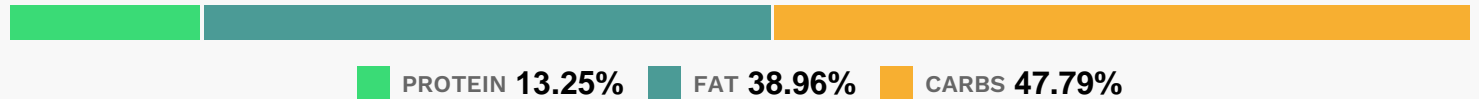
sauce pan

spatula

Directions

In a saucepan of boiling salted water boil the noodles until they are al dente and drain them well. In a bowl toss the noodles with the egg and the caraway seeds until they are coated well. In a small non-stick skillet heat the oil and the butter until the foam subsides, add 1/2 cup of the noodle mixture, and form it into a pancake 4 inches in diameter, tidying the edges with a spatula. Cook the pancake over moderately high heat for 2 minutes, or until the underside is golden, turn it, and cook it for 2 minutes more. Slide the pancake onto a plate and keep it warm. Make pancakes with the remaining noodle mixture in the same manner.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:16.96, Inflammation Score:-3, Nutrition Score:11.302608725817%

Nutrients (% of daily need)

Calories: 342.97kcal (17.15%), Fat: 14.85g (22.84%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 40.97g (13.66%), Net Carbohydrates: 38.81g (14.11%), Sugar: 1.17g (1.29%), Cholesterol: 148.69mg (49.56%), Sodium: 47.95mg (2.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Selenium: 52.48µg (74.97%), Manganese: 0.5mg (25.08%), Phosphorus: 191.3mg (19.13%), Vitamin K: 13.13µg (12.5%), Vitamin B2: 0.17mg (9.96%), Zinc: 1.46mg (9.7%), Copper: 0.19mg (9.69%), Magnesium: 37.9mg (9.47%), Iron: 1.64mg (9.1%), Vitamin B5: 0.9mg (9.04%), Fiber: 2.16g (8.62%), Vitamin B6: 0.17mg (8.39%), Vitamin E: 1.13mg (7.56%), Vitamin B1: 0.11mg (7.3%), Folate: 28.38µg (7.1%), Vitamin B12: 0.39µg (6.56%), Vitamin B3: 1.24mg (6.19%), Vitamin A: 266.59IU (5.33%), Potassium: 183.88mg (5.25%), Vitamin D: 0.73µg (4.84%), Calcium: 39.91mg (3.99%)