



Noodle Pancakes with Shiitake Mushrooms

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 servings asian black bean sauce
- 0.5 cup coarsely carrot shredded
- 1 tablespoon cornstarch
- 1 ounce mushroom caps dried
- 0.5 cup breadcrumbs dry
- 3 egg whites lightly beaten
- 1 garlic clove minced
- 1 teaspoon gingerroot grated peeled

- 0.5 cup green onions thinly sliced
- 1 tablespoon soya sauce low-sodium
- 0.5 teaspoon pepper
- 4 ounces pasta like spaghetti uncooked
- 1 tablespoon vegetable oil divided
- 1 cup water boiling
- 3 cups water
- 0.5 cup water chestnuts finely chopped

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine 1 cup boiling water and mushrooms in a bowl; cover and let stand 30 minutes or until softened.
- Drain mushrooms, and finely chop.
- Bring 3 cups water to a boil in a large saucepan.
- Add spaghetti, and cook 20 minutes or until very tender.
- Drain spaghetti (do not rinse); let cool to room temperature.
- Combine spaghetti, mushrooms, breadcrumbs, and next 9 ingredients (breadcrumbs through garlic) in a large bowl; stir well. Divide mixture into 8 equal portions, shaping each into a 3 1/2-inch cake.
- Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add 4 cakes, and cook 6 minutes or until golden, turning cakes carefully after 3 minutes. Repeat procedure with remaining oil and cakes.
- Serve with Asian Black Bean Sauce.

Nutrition Facts



■ PROTEIN 14.67% ■ FAT 15.94% ■ CARBS 69.39%

Properties

Glycemic Index:49.46, Glycemic Load:9.32, Inflammation Score:-9, Nutrition Score:16.285652181377%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 267.16kcal (13.36%), Fat: 4.8g (7.38%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 42.59g (15.49%), Sugar: 4.2g (4.66%), Cholesterol: 0mg (0%), Sodium: 311.5mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.87%), Vitamin A: 2799.02IU (55.98%), Selenium: 29.69µg (42.41%), Vitamin K: 35.67µg (33.97%), Manganese: 0.62mg (31.09%), Copper: 0.6mg (29.84%), Vitamin B5: 1.93mg (19.27%), Vitamin B2: 0.3mg (17.72%), Fiber: 4.4g (17.59%), Vitamin B3: 2.84mg (14.2%), Vitamin B1: 0.2mg (13.6%), Phosphorus: 127.38mg (12.74%), Vitamin B6: 0.24mg (12.16%), Folate: 47.46µg (11.87%), Magnesium: 45.36mg (11.34%), Potassium: 395.3mg (11.29%), Iron: 1.9mg (10.57%), Zinc: 1.47mg (9.79%), Calcium: 59.87mg (5.99%), Vitamin C: 4.37mg (5.29%), Vitamin E: 0.74mg (4.9%), Vitamin D: 0.28µg (1.84%), Vitamin B12: 0.07µg (1.12%)