



Okonomiyaki (Japanese Pancake)



Dairy Free



Popular

READY IN



40 min.

SERVINGS



2

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 0.3 cabbage shredded packed
- ☐ 1 carrots grated
- ☐ 0.8 cup dashi granules
- ☐ 1 eggs
- ☐ 1 green onion sliced
- ☐ 2 servings green onions sliced to taste
- ☐ 2 servings okonomiyaki sauce to taste (or Worcestershire sauce)

- ☐ 2 servings mayonnaise to taste
- ☐ 1 cup flour whole wheat (I like to use)
- ☐ 1 small zucchini grated

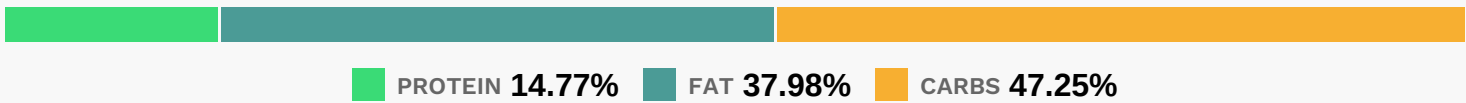
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the flour, dashi, egg, cabbage, carrot, zucchini and green onion in a large bowl.
- ☐ Heat some oil in pan.
- ☐ Pour in mixture and top with the bacon slices.Cook on medium heat until golden brown on both sides, about 5–15 minutes per side.Top with okonomiyaki sauce, mayonnaise and green onion slices.

Nutrition Facts



Properties

Glycemic Index:109.92, Glycemic Load:3, Inflammation Score:-10, Nutrition Score:35.685652359672%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 455.79kcal (22.79%), Fat: 20.08g (30.89%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 56.2g (18.73%), Net Carbohydrates: 45.18g (16.43%), Sugar: 7.28g (8.09%), Cholesterol: 105.3mg (35.1%), Sodium: 341.85mg (14.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.14%), Manganese: 2.8mg (139.96%), Vitamin K: 125.4µg (119.43%), Vitamin A: 5584IU (111.68%), Selenium: 51.13µg (73.04%), Vitamin C: 56.29mg (68.23%), Fiber: 11.01g (44.05%), Phosphorus: 373.77mg (37.38%), Vitamin B1: 0.52mg (34.98%), Vitamin B6: 0.66mg (32.8%), Magnesium: 120.16mg (30.04%), Folate: 113.46µg (28.36%), Vitamin B3: 5.22mg (26.1%), Potassium: 799.96mg (22.86%), Vitamin B2: 0.36mg (20.97%), Iron: 3.76mg (20.9%), Copper: 0.37mg (18.46%), Zinc: 2.76mg (18.42%),

Vitamin B5: 1.34mg (13.42%), Calcium: 111.97mg (11.2%), Vitamin E: 1.44mg (9.6%), Vitamin B12: 0.37µg (6.09%),
Vitamin D: 0.58µg (3.87%)