



Pan-Fried Chinese Pancakes

 Vegetarian  Vegan  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



31 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup flour all-purpose
- 0.5 cup green onion finely chopped
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil
- 0.8 cup warm water

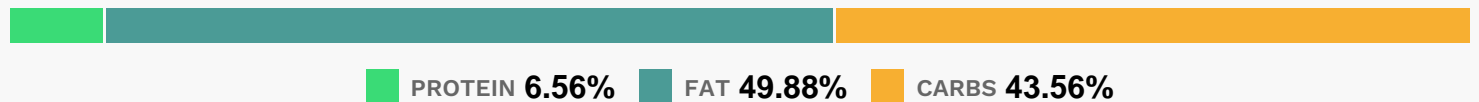
Equipment

- bowl
- frying pan

Directions

- Dissolve salt in warm water, and mix in 1 cup of flour to make a soft dough. Turn the dough out onto a well-floured work surface, and knead until slightly springy, about 5 minutes. If the dough is sticky, knead in 1/4 teaspoon of vegetable oil. Divide the dough into 8 equal-size pieces, and keep the pieces covered with a cloth.
- In a bowl, mix 1/4 cup of flour with 1 tablespoon vegetable oil to make a mixture like fine crumbs.
- On a floured work surface, roll a piece of dough out into a thin square about 5x7 inches in size, brush the dough with toasted sesame oil, and sprinkle lightly with about 1 1/2 teaspoon of the flour-oil mixture.
- Sprinkle about 1 tablespoon of chopped green onion onto the dough, and spread the onion out evenly. Starting with a long end, roll the dough up into a rope shape, and pinch the seam and the ends closed.
- Roll the rope shape into a flat spiral, and press lightly with your hands to compact the spiral and keep it from unrolling.
- Place the spiral down onto the floured work surface, and gently roll it out into a pancake with the onions folded inside, turning the pancake over often as you roll it out.
- Roll gently and turn often to avoid making holes in the pancakes. Finished pancakes should be about 5 inches in diameter. Repeat with the rest of the dough pieces, making 8 onion pancakes.
- Heat a non-stick skillet over medium heat, and brush with vegetable oil. Pan-fry each pancake in the hot skillet until golden brown on both sides, about 5 minutes per side.
- Cut into wedges and serve warm.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:2.25, Inflammation Score:-1, Nutrition Score:1.6239130600639%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 31.25kcal (1.56%), Fat: 1.75g (2.69%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.16g (0.17%), Cholesterol: 0mg (0%), Sodium: 74.86mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin K: 16.08µg (15.31%), Folate: 11.15µg (2.79%), Vitamin B1: 0.03mg (2.27%), Selenium: 1.36µg (1.95%), Manganese: 0.04mg (1.84%), Iron: 0.27mg (1.53%), Vitamin B2: 0.02mg (1.43%), Vitamin C: 1.17mg (1.42%), Vitamin B3: 0.26mg (1.32%), Vitamin A: 62.31IU (1.25%), Vitamin E: 0.18mg (1.17%), Fiber: 0.27g (1.07%)