



## Pandan Egg Puffs

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

### Ingredients

- ☐ 7.5 grams double-acting baking powder
- ☐ 1 tsp pandan paste
- ☐ 2 eggs
- ☐ 28 grams evaporated milk
- ☐ 140 grams flour plain
- ☐ 28 grams tapioca flour
- ☐ 1 tsp vanilla extract
- ☐ 1 tablespoon vanilla pudding mix

- ☐ 28 grams vegetable oil
- ☐ 140 ml water
- ☐ 140 grams sugar white

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove

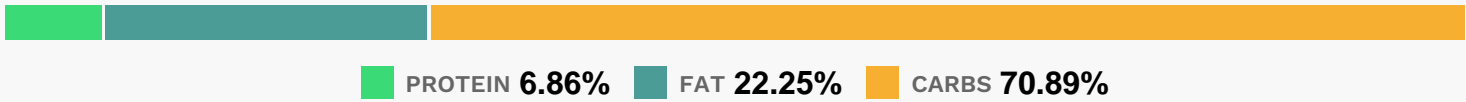
## Directions

- ☐ Whisk together flour, baking powder, custard powder, tapioca starch.
- ☐ In a separate bowl whisk the eggs and sugar until thoroughly mixed.
- ☐ Add in the evaporated milk, vanilla extract and water and mix.
- ☐ Add the flour to the wet mixture.
- ☐ Add in the vegetable oil and pandan paste and mix. It's okay if a few small lumps remain like in pancake batter, but try to get rid of most of the large lumps.
- ☐ If using Nordicware pan, heat according to instructions by preheating both sides at the same over stove, with pan sitting on wirerack and also coating the pan with oil. Once preheated, turn the stove to medium heat, pour in 3/4 cup into the middle of the pan, seal tightly and immediately flip over to start cooking. Cook 2 minutes. Flip to other side and cook 2 minutes. Flip over again. At this time you can tentatively open and peek inside and the egg waffle top should be golden brown. Cook for additional 1 minute on this side, to make sure the underside turns golden as well. Then flip one more time and lift the lid slowly. (If your waffle wasn't golden at 2 minutes on each side, then you'll have to add additional cooking time before opening it.)
- ☐ At first the egg waffle may stick to the top, but it should fall off after a few moments or with a gentle prodding of a fork. Slowly continue to lift pan off, and the egg waffle will fall down row by row. The very first egg waffle you make will likely not be perfectly golden, and may break. This is your throwaway egg waffle much like your first pancake. The rest of them should cook correctly and come off easily. Flip the finished egg waffle again as the bottom should be the top. Repeat with remaining batter.

☐

Serve immediately.

# Nutrition Facts



## Properties

Glycemic Index:74.52, Glycemic Load:44.41, Inflammation Score:-3, Nutrition Score:8.8765216456807%

## Nutrients (% of daily need)

Calories: 409.25kcal (20.46%), Fat: 10.18g (15.66%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 73.01g (24.34%), Net Carbohydrates: 71.96g (26.17%), Sugar: 38.97g (43.3%), Cholesterol: 83.87mg (27.96%), Sodium: 319.73mg (13.9%), Alcohol: 0.36g (100%), Alcohol %: 0.29% (100%), Protein: 7.07g (14.14%), Selenium: 19.13µg (27.33%), Vitamin B1: 0.29mg (19.23%), Folate: 75.24µg (18.81%), Vitamin B2: 0.31mg (18.07%), Calcium: 148.57mg (14.86%), Phosphorus: 140.08mg (14.01%), Iron: 2.37mg (13.19%), Manganese: 0.26mg (13.12%), Vitamin K: 13.53µg (12.88%), Vitamin B3: 2.11mg (10.57%), Vitamin E: 0.84mg (5.57%), Vitamin B5: 0.54mg (5.41%), Fiber: 1.05g (4.21%), Zinc: 0.63mg (4.2%), Copper: 0.08mg (4.17%), Vitamin B12: 0.21µg (3.47%), Magnesium: 13.72mg (3.43%), Vitamin D: 0.45µg (2.98%), Vitamin B6: 0.06mg (2.98%), Potassium: 96.94mg (2.77%), Vitamin A: 136.84IU (2.74%)