



Parsnip Pancakes

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 pounds parsnips peeled
- 1 teaspoon salt
- 0.5 cup onion chopped
- 0.3 cup flour all-purpose
- 1 large eggs lightly beaten
- 1 tablespoon chives minced
- 2 tablespoons canola oil

Equipment

- bowl
- frying pan
- paper towels
- sauce pan

Directions

- Place parsnips in a large saucepan and cover with water; add salt. Bring to a boil over medium-high heat. Reduce heat; cover and cook for 15–20 minutes or until tender.
- Drain and place parsnips in a large bowl; mash. Stir in the onion, flour, egg and chives.
- Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Drop batter by 1/4 cupfuls into oil. Fry in batches until golden brown on both sides, using remaining oil as needed.
- Drain on paper towels.

Nutrition Facts

■ PROTEIN **7.2%** ■ FAT **27.17%** ■ CARBS **65.63%**

Properties

Glycemic Index:33.17, Glycemic Load:13.45, Inflammation Score:-5, Nutrition Score:14.373478267504%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 191.01kcal (9.55%), Fat: 5.98g (9.2%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 24.71g (8.99%), Sugar: 7.88g (8.75%), Cholesterol: 31mg (10.33%), Sodium: 415.19mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Manganese: 0.9mg (45.23%), Vitamin K: 38.51µg (36.67%), Vitamin C: 26.98mg (32.7%), Fiber: 7.79g (31.15%), Folate: 117.81µg (29.45%), Vitamin E: 3.16mg (21.09%), Potassium: 605.09mg (17.29%), Phosphorus: 133.63mg (13.36%), Vitamin B1: 0.19mg (12.45%), Magnesium: 47.55mg (11.89%), Vitamin B5: 1.08mg (10.76%), Selenium: 7.12µg (10.17%), Copper: 0.2mg (10.06%), Vitamin B6: 0.17mg (8.46%), Vitamin B2: 0.14mg (8.45%), Iron: 1.32mg (7.33%), Zinc: 1.06mg (7.08%), Vitamin B3: 1.39mg (6.95%), Calcium: 63.65mg (6.36%), Vitamin A: 67.03IU (1.34%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)