



Pasta Pancakes and Gravy

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



389 kcal

SAUCE

Ingredients

- 3 large eggs lightly beaten
- 2 tablespoons flour all-purpose
- 0.5 cup parsley fresh chopped
- 1 garlic clove pressed
- 1 small onion diced
- 6 ounce chicken ramen noodle soup mix
- 2 tablespoons soya sauce
- 0.3 cup vegetable oil divided

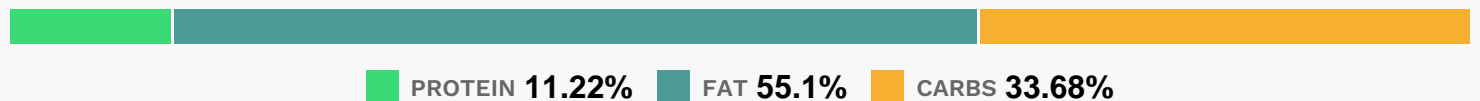
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Cook soup according to package directions; drain noodles, and set aside, reserving broth.
- Whisk together 2 tablespoons oil and flour in a saucepan over medium-high heat; cook, stirring constantly, 1 minute.
- Add reserved broth, and cook, stirring constantly, 2 to 3 minutes or until thickened. Set gravy aside, and keep warm.
- Stir together cooked noodles, eggs, and next 4 ingredients.
- Heat 1 tablespoon oil in a large skillet over medium-high heat. Spoon noodle mixture by 1/2 cupfuls into hot skillet, and cook, in batches, 1 to 2 minutes each side or until golden brown, adding remaining 1 tablespoon oil as needed.
- Serve with warm gravy.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:14.85, Inflammation Score:-7, Nutrition Score:16.28130419358%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 389.34kcal (19.47%), Fat: 23.96g (36.87%), Saturated Fat: 6.49g (40.55%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 31.25g (11.36%), Sugar: 1.78g (1.98%), Cholesterol: 139.5mg (46.5%), Sodium:

1426.89mg (62.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.96%), Vitamin K: 150.69µg (143.51%), Vitamin B1: 0.5mg (33.55%), Selenium: 17.31µg (24.73%), Folate: 88.91µg (22.23%), Vitamin B2: 0.33mg (19.21%), Iron: 3.27mg (18.15%), Manganese: 0.34mg (17.1%), Vitamin A: 839.82IU (16.8%), Phosphorus: 151.18mg (15.12%), Vitamin E: 2.21mg (14.75%), Vitamin C: 11.63mg (14.1%), Vitamin B3: 2.47mg (12.33%), Vitamin B5: 0.8mg (7.99%), Vitamin B6: 0.16mg (7.87%), Vitamin B12: 0.44µg (7.33%), Copper: 0.14mg (6.94%), Zinc: 1.03mg (6.86%), Fiber: 1.71g (6.85%), Potassium: 221.07mg (6.32%), Magnesium: 24.39mg (6.1%), Calcium: 51.43mg (5.14%), Vitamin D: 0.75µg (5%)