



Pea Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup peas fresh frozen shelled thawed (from 1 pound pods)
- ☐ 1 teaspoon kosher salt plus more
- ☐ 1 cup cottage cheese low-fat
- ☐ 0.3 cup butter salted melted ()
- ☐ 4 spring onion plus more for serving thinly sliced
- ☐ 2 tablespoons vegetable oil plus more for skillet

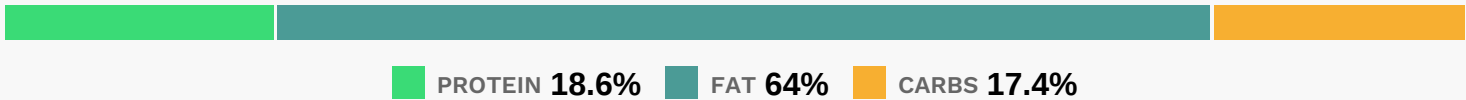
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ If using fresh peas, cook in a small saucepan of boiling salted water until tender, about 3 minutes (if using frozen peas, do not cook).
- ☐ Drain.
- ☐ Purée eggs, cottage cheese, flour, 2 tablespoons oil, and 1 teaspoon salt in a blender until smooth.
- ☐ Transfer batter to a medium bowl and stir in peas and 4 scallions. (Batter should be thick but pourable; stir in water by tablespoonfuls if too thick).
- ☐ Heat a lightly oiled large nonstick skillet over medium heat. Working in batches, add batter to skillet by 1/4-cupfuls, spreading out to 3"-4" rounds with a spoon. Cook pancakes until bubbles form on top, about 3 minutes. Flip and cook until pancakes are browned on bottom and the centers are just cooked through, about 2 minutes longer.
- ☐ Serve pancakes drizzled with butter and topped with scallions.

Nutrition Facts



Properties

Glycemic Index: 50.33, Glycemic Load: 5.9, Inflammation Score: -6, Nutrition Score: 13.198695576709%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 317.78kcal (15.89%), Fat: 22.69g (34.91%), Saturated Fat: 9.91g (61.93%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 11.29g (4.1%), Sugar: 4.04g (4.49%), Cholesterol: 172.26mg (57.42%), Sodium: 959.12mg (41.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.67%), Vitamin K: 47.52µg (45.26%), Selenium: 20.11µg (28.73%), Vitamin B2: 0.37mg (21.5%), Phosphorus: 205.39mg (20.54%), Vitamin C: 16.76mg (20.31%), Vitamin A:

977.16IU (19.54%), Folate: 70.37µg (17.59%), Vitamin B1: 0.19mg (12.8%), Vitamin B12: 0.71µg (11.9%), Manganese: 0.23mg (11.74%), Fiber: 2.59g (10.36%), Iron: 1.82mg (10.1%), Vitamin E: 1.4mg (9.35%), Vitamin B6: 0.17mg (8.73%), Zinc: 1.26mg (8.42%), Vitamin B5: 0.79mg (7.93%), Calcium: 78.1mg (7.81%), Vitamin B3: 1.39mg (6.94%), Potassium: 233.79mg (6.68%), Copper: 0.13mg (6.41%), Magnesium: 23.7mg (5.93%), Vitamin D: 0.75µg (5%)