



## Pepper Pancakes with Fresh Cilantro Chutney

READY IN



45 min.

SERVINGS



6

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon canola oil
- 1.5 teaspoons canola oil divided
- 1 cup bob's mill garbanzo bean flour (garbanzo bean)
- 1.3 ounces cilantro leaves loosely packed
- 6 tablespoons yogurt plain fat-free
- 0.5 teaspoon fennel seeds crushed
- 1 small garlic clove quartered
- 2 tablespoons green onions chopped
- 0.5 teaspoon ground cumin

- 2 teaspoons juice of lime fresh
- 0.3 cup mint leaves
- 0.3 cup onion finely chopped
- 0.3 cup pasta flour
- 0.5 cup bell pepper red finely chopped
- 0.8 teaspoon salt
- 2 teaspoons serrano chile seeded finely chopped ( 1 chile)
- 0.5 teaspoon sugar
- 1 cup water

## Equipment

- food processor
- bowl
- frying pan
- knife
- measuring cup

## Directions

- Place first 7 ingredients in a food processor; pulse 4 times or until chopped.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add bell pepper and 1/4 cup onion; cook 4 minutes, stirring frequently.
- Add serrano; cook 1 minute.
- Place bell pepper mixture in a large bowl. Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- Add flours, salt, cumin, and fennel seeds to bell pepper mixture. Stir in 1 cup water, and let stand 3 minutes.
- Heat 1/2 teaspoon oil in pan over medium heat.
- Pour 1/3 cup batter per pancake into pan; spread batter into 2 (5-inch) circles. Cook 2 minutes or until tops are covered with bubbles and edges look cooked. Flip pancakes; cook 2 minutes or until bottoms are lightly browned. Repeat procedure twice with remaining oil and

batter.

Serve with chutney and yogurt.

## Nutrition Facts

**PROTEIN 20.52%** **FAT 23.09%** **CARBS 56.39%**

### Properties

Glycemic Index:55.18, Glycemic Load:7.11, Inflammation Score:-7, Nutrition Score:10.303043572799%

### Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

### Nutrients (% of daily need)

Calories: 125.67kcal (6.28%), Fat: 3.24g (4.99%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 14.72g (5.35%), Sugar: 5.07g (5.63%), Cholesterol: 0.4mg (0.13%), Sodium: 326mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.97%), Folate: 104.66µg (26.16%), Vitamin K: 26.24µg (24.99%), Vitamin C: 20.14mg (24.41%), Manganese: 0.44mg (22.2%), Vitamin A: 906.1IU (18.12%), Fiber: 3.11g (12.43%), Copper: 0.23mg (11.55%), Magnesium: 45.98mg (11.49%), Phosphorus: 112.74mg (11.27%), Potassium: 320.53mg (9.16%), Vitamin B6: 0.18mg (9.04%), Vitamin B1: 0.13mg (8.59%), Iron: 1.48mg (8.22%), Calcium: 67.8mg (6.78%), Zinc: 0.92mg (6.13%), Selenium: 4.16µg (5.94%), Vitamin B2: 0.1mg (5.91%), Vitamin E: 0.83mg (5.54%), Vitamin B5: 0.36mg (3.56%), Vitamin B3: 0.69mg (3.45%), Vitamin B12: 0.12µg (2.03%)