



Potato, Zucchini, and Green Onion Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 ounces baking potato peeled
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 cup milk fat-free
- ☐ 1 cup flour all-purpose

- ☐ 2 teaspoons chives fresh chopped
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup zucchini grated

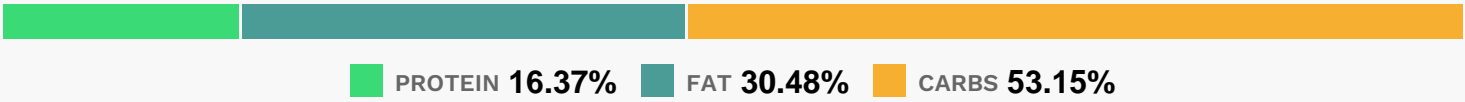
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Place potato in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain and cool. Shred potato.
- ☐ Press zucchini on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 5 minutes, pressing down occasionally.
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine the flour and next 6 ingredients (flour through pepper) in a large bowl.
- ☐ Combine milk and next 4 ingredients (milk through eggs); add to flour mixture, stirring until smooth. Fold in potato, zucchini, and onions.
- ☐ Spoon about 1/4 cup batter onto a hot nonstick griddle or large nonstick skillet. Turn the pancakes when the tops are covered with bubbles and the edges look cooked. Top pancakes with sour cream and chives.

Nutrition Facts



Properties

Glycemic Index:119.75, Glycemic Load:23.37, Inflammation Score:-6, Nutrition Score:14.903043435967%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 266.68kcal (13.33%), Fat: 9.04g (13.9%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 33.39g (12.14%), Sugar: 3.14g (3.49%), Cholesterol: 145.45mg (48.48%), Sodium: 701.78mg (30.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Vitamin K: 37.8µg (36%), Selenium: 23.47µg (33.52%), Vitamin B2: 0.44mg (25.62%), Folate: 98.41µg (24.6%), Vitamin B1: 0.33mg (22.32%), Phosphorus: 209.81mg (20.98%), Manganese: 0.39mg (19.38%), Calcium: 167.6mg (16.76%), Iron: 3.02mg (16.75%), Vitamin B6: 0.28mg (14.04%), Vitamin C: 10.59mg (12.84%), Vitamin B3: 2.5mg (12.52%), Potassium: 435.23mg (12.44%), Vitamin A: 526.84IU (10.54%), Vitamin B5: 1mg (10.04%), Vitamin B12: 0.57µg (9.53%), Magnesium: 33.94mg (8.48%), Fiber: 2.06g (8.23%), Zinc: 1.18mg (7.86%), Vitamin D: 1.12µg (7.44%), Copper: 0.14mg (7.18%), Vitamin E: 0.86mg (5.7%)