



Potato-Zucchini Skillet Pancakes with Cherry Tomato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 teaspoons canola oil divided
- ☐ 3 cups cherry tomatoes quartered
- ☐ 0.5 cup egg substitute
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons kalamata olives pitted chopped

- ☐ 0.3 cup matzo meal
- ☐ 1 cup onion shredded (1 small)
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 pound yukon gold potatoes shredded peeled
- ☐ 8 ounces zucchini shredded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen towels

Directions

- ☐ To prepare pancakes, place potatoes, zucchini, and onion in a clean kitchen towel, and squeeze out excess liquid.
- ☐ Combine potato mixture, egg substitute, matzo meal, 1/4 teaspoon salt, and dash of pepper in a large bowl, and stir gently to blend.
- ☐ Heat 1 teaspoon canola oil in a nonstick griddle or large nonstick skillet over medium heat. Spoon about 1 cup potato mixture onto hot pan, spreading to a 6-inch diameter. Cook 3 minutes on each side or until lightly browned and cooked through.
- ☐ Transfer to a plate; keep warm. Repeat procedure with the remaining 3 teaspoons oil and remaining potato mixture.
- ☐ To prepare salad, combine tomatoes and remaining ingredients in a medium bowl; toss gently.
- ☐ Serve salad on top of pancakes.

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:15.54, Inflammation Score:-8, Nutrition Score:18.959565494371%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg

Nutrients (% of daily need)

Calories: 233.13kcal (11.66%), Fat: 6.2g (9.54%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 33.07g (12.02%), Sugar: 7.45g (8.27%), Cholesterol: 0mg (0%), Sodium: 293.84mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Vitamin C: 63.74mg (77.26%), Vitamin K: 44.52µg (42.4%), Vitamin B6: 0.62mg (30.83%), Potassium: 1015.9mg (29.03%), Manganese: 0.52mg (26.21%), Selenium: 16.88µg (24.11%), Fiber: 5.02g (20.09%), Vitamin A: 915.44IU (18.31%), Iron: 2.97mg (16.52%), Vitamin B1: 0.25mg (16.5%), Phosphorus: 160.02mg (16%), Folate: 63.35µg (15.84%), Vitamin B2: 0.27mg (15.81%), Vitamin E: 2.21mg (14.72%), Magnesium: 58.73mg (14.68%), Copper: 0.27mg (13.68%), Vitamin B3: 2.51mg (12.56%), Vitamin B5: 1.19mg (11.92%), Zinc: 1.11mg (7.42%), Calcium: 72.81mg (7.28%), Vitamin D: 0.48µg (3.2%), Vitamin B12: 0.1µg (1.7%)