



Quick Chinese Pancakes

READY IN



45 min.

SERVINGS



12

CALORIES



73 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon five-spice powder
- ☐ 1 large eggs
- ☐ 1.5 cups milk fat-free
- ☐ 1.3 cups flour all-purpose
- ☐ 1 tablespoon chives fresh minced
- ☐ 1 tablespoon butter melted

Equipment

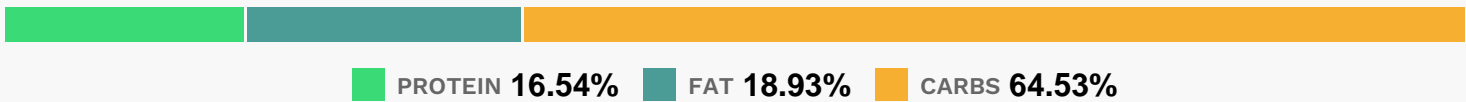
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ wax paper
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Place the flour in a medium bowl.
- ☐ Combine milk, margarine, and egg; add milk mixture to flour, stirring with a whisk until blended. Stir in fresh chives and five-spice powder. Cover and chill for 1 hour.
- ☐ Place an 8-inch crepe pan or nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Remove pan from heat, and pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers bottom of pan. Cook about 1 minute.
- ☐ Carefully lift edge of pancake with a spatula to test for doneness. The pancake will be ready to turn when it can be shaken loose from pan and the underside is lightly browned. Turn pancake over; cook 30 seconds on the other side.
- ☐ Place the pancake on a towel, and cool. Repeat the procedure until all of the batter is used. Stack the pancakes between single layers of wax paper or paper towels to prevent pancakes from sticking.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:7.69, Inflammation Score:-2, Nutrition Score:3.3439130504494%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 72.51kcal (3.63%), Fat: 1.5g (2.31%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 11.16g (4.06%), Sugar: 1.6g (1.78%), Cholesterol: 16.42mg (5.47%), Sodium: 29.76mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Selenium: 6.31µg (9.02%), Vitamin B1: 0.12mg (8.11%), Vitamin B2: 0.12mg (7.32%), Folate: 26.68µg (6.67%), Phosphorus: 55.86mg (5.59%), Manganese: 0.09mg (4.69%), Calcium: 45.83mg (4.58%), Vitamin B3: 0.81mg (4.06%), Iron: 0.71mg (3.95%), Vitamin B12: 0.22µg (3.6%), Vitamin D: 0.42µg (2.8%), Vitamin A: 137.85IU (2.76%), Vitamin B5: 0.23mg (2.33%), Potassium: 73.26mg (2.09%), Zinc: 0.29mg (1.92%), Magnesium: 7.32mg (1.83%), Vitamin B6: 0.03mg (1.58%), Fiber: 0.37g (1.48%), Copper: 0.02mg (1.18%)