



Quinoa Pancakes



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 cups baby spinach leaves
- ☐ 0.5 teaspoon basil dried
- ☐ 2 large egg whites
- ☐ 2 garlic cloves minced
- ☐ 4 teaspoons olive oil extra-virgin divided
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.8 cup quinoa rinsed

- ☐ 1 cup salsa
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups water

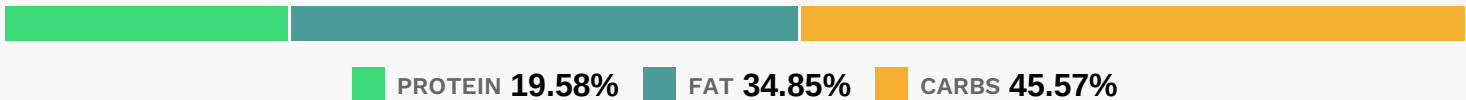
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a saucepan, heat water to boiling.
- ☐ Add quinoa, garlic, and salt. Simmer, covered (10 minutes). Uncover and cook 2 minutes longer until dry.
- ☐ Transfer to large bowl; cool.
- ☐ Preheat the oven to 35
- ☐ Stir egg whites, Parmesan, basil, and pepper into quinoa.
- ☐ In a nonstick skillet, heat 2 tsp oil over medium heat. Using 1/4-cup measure, make 4 quinoa pancakes; flatten. Cook until golden (2 minutes per side).
- ☐ Transfer to a baking sheet. Repeat with remaining oil and quinoa.
- ☐ Bake pancakes 5 minutes until heated through.
- ☐ Serve on spinach, with salsa if desired.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:24.859999901575%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 245.9kcal (12.3%), Fat: 9.78g (15.04%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 24.27g (8.83%), Sugar: 2.81g (3.12%), Cholesterol: 10.88mg (3.63%), Sodium: 859.92mg (37.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.72%), Vitamin K: 225.07µg (214.36%), Vitamin A: 4645.99IU (92.92%), Manganese: 1.19mg (59.56%), Folate: 150.41µg (37.6%), Magnesium: 116.65mg (29.16%), Phosphorus: 273.08mg (27.31%), Vitamin E: 3.14mg (20.93%), Calcium: 198.25mg (19.82%), Vitamin B6: 0.39mg (19.45%), Vitamin B2: 0.33mg (19.19%), Potassium: 659.19mg (18.83%), Fiber: 4.5g (18.01%), Iron: 3.19mg (17.73%), Vitamin C: 14.35mg (17.39%), Selenium: 11.64µg (16.63%), Copper: 0.32mg (16.03%), Zinc: 1.94mg (12.93%), Vitamin B1: 0.18mg (11.99%), Vitamin B3: 1.58mg (7.92%), Vitamin B5: 0.49mg (4.9%), Vitamin B12: 0.18µg (3.06%)