



WHATSheATE



## Ricotta hot cakes with crispy bacon & mixed leaves

READY IN



45 min.

SERVINGS



12

CALORIES



258 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 100 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 200 g ricotta
- ☐ 4 large eggs free range separated
- ☐ 2 tsp thyme leaves fresh chopped
- ☐ 1 tsp ground mustard english
- ☐ 100 ml milk
- ☐ 50 g butter unsalted

- ☐ 12 rashers back bacon
- ☐ 1 tbsp balsamic vinegar
- ☐ 4 tbsp olive oil extra-virgin
- ☐ 120 g herb salad
- ☐ 12 servings crème fraîche mixed with grainy mustard, to serve

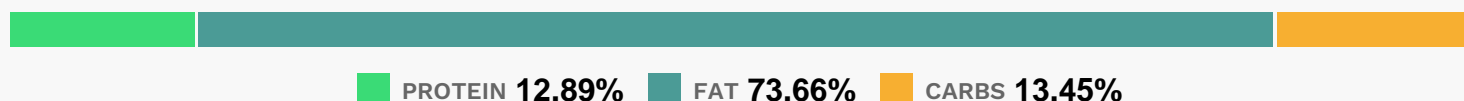
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Sift the flour and baking powder into a bowl, then mix in the ricotta, egg yolks, thyme and mustard powder. Slowly drizzle in the milk and beat to make a smooth mixture. Season well with salt and lots of black pepper.
- ☐ Melt half the butter in a large frying pan. When it starts to foam, put in the bacon rashers and fry until crisp. While the bacon is cooking, whisk the egg whites until they are stiff and form soft peaks, then fold into the ricotta mixture in batches with a large metal spoon, keeping in as much air as possible.
- ☐ When the bacon is crisp, lift it out, drain well on kitchen paper and keep warm. Cook the hot cakes in the same pan over a low heat, allowing about 2 tbsp mixture for each cake and doing them in batches so you don't overcrowd the pan.
- ☐ Add little knobs of butter as you go and take care to keep the heat low so the butter doesn't burn. The hot cakes should be firm and golden at the end, and this will take about 2 minutes on each side. When each batch is cooked, transfer to a plate and keep warm. (At this stage they can be frozen, but allow to cool first.)

## Nutrition Facts



## Properties

Glycemic Index:29.92, Glycemic Load:5.12, Inflammation Score:-4, Nutrition Score:6.6317390410796%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

## Nutrients (% of daily need)

Calories: 258.17kcal (12.91%), Fat: 21.11g (32.48%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.22g (2.99%), Sugar: 0.87g (0.97%), Cholesterol: 95.01mg (31.67%), Sodium: 321.26mg (13.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Selenium: 16.73µg (23.89%), Phosphorus: 127.79mg (12.78%), Vitamin B2: 0.19mg (11.17%), Vitamin B1: 0.15mg (10.17%), Calcium: 85.68mg (8.57%), Vitamin A: 413.84IU (8.28%), Vitamin B3: 1.5mg (7.51%), Folate: 29.32µg (7.33%), Vitamin E: 1.08mg (7.22%), Vitamin B12: 0.37µg (6.14%), Iron: 1.08mg (5.98%), Vitamin B6: 0.12mg (5.75%), Zinc: 0.82mg (5.48%), Manganese: 0.11mg (5.25%), Vitamin B5: 0.51mg (5.14%), Vitamin D: 0.61µg (4.08%), Potassium: 134mg (3.83%), Magnesium: 13.4mg (3.35%), Vitamin K: 3.46µg (3.3%), Vitamin C: 2.55mg (3.1%), Copper: 0.05mg (2.37%), Fiber: 0.46g (1.84%)