



Savory Summer Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 oz carrots peeled
- 1 large eggs
- 1 tablespoon flour all-purpose
- 0.5 cup basil leaves fresh chopped
- 3 tablespoons olive oil
- 0.3 teaspoon pepper
- 8 oz baking potatoes peeled
- 0.5 teaspoon salt

- 0.5 cup cup heavy whipping cream sour
- 2 zucchini rinsed ends trimmed (6 oz. total)

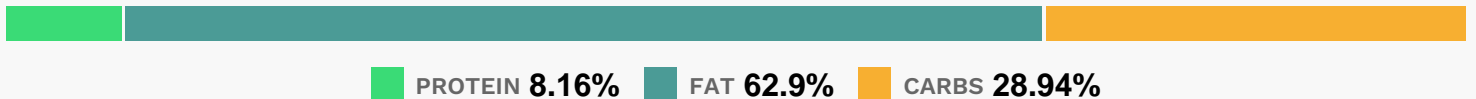
Equipment

- food processor
- bowl
- frying pan
- oven
- measuring cup
- grater

Directions

- In a large bowl, beat egg, salt, and pepper to blend. Using a food processor or the large holes on a hand grater, coarsely shred zucchini, carrot, and potato.
- Add shredded vegetables, 1/2 cup basil, and flour to egg mixture; stir just to combine.
- Pour 1 tablespoon oil into a 10- to 12-inch nonstick frying pan over medium-high heat; when hot, drop batter in 1/4-cup portions into pan, three or four at a time, and flatten with bottom of measuring cup or the back of a spoon into about 3 1/2-inch rounds. Cook, turning as needed, until browned and crisp on both sides, 6 to 8 minutes total.
- Transfer pancakes as cooked to an ovenproof platter and keep warm in a 200 oven. Repeat to cook remaining pancakes, adding more oil to pan as necessary.
- In a small bowl, mix sour cream with remaining 2 tablespoons basil.
- Serve pancakes warm, topped with sour cream mixture (see notes).

Nutrition Facts



Properties

Glycemic Index:53.93, Glycemic Load:6.74, Inflammation Score:-9, Nutrition Score:9.5908696547798%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 163.75kcal (8.19%), Fat: 11.81g (18.17%), Saturated Fat: 3.24g (20.22%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 10.6g (3.85%), Sugar: 3.23g (3.59%), Cholesterol: 42.31mg (14.1%), Sodium: 228.72mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin A: 2769.44IU (55.39%), Vitamin C: 15.22mg (18.45%), Vitamin K: 18.33µg (17.45%), Vitamin B6: 0.28mg (14.12%), Manganese: 0.24mg (12.12%), Potassium: 417.42mg (11.93%), Vitamin B2: 0.16mg (9.43%), Vitamin E: 1.36mg (9.08%), Phosphorus: 84.25mg (8.42%), Folate: 32.39µg (8.1%), Magnesium: 26.77mg (6.69%), Fiber: 1.63g (6.51%), Vitamin B1: 0.09mg (5.83%), Selenium: 4µg (5.71%), Iron: 0.94mg (5.22%), Copper: 0.1mg (5.01%), Vitamin B5: 0.49mg (4.89%), Calcium: 48.36mg (4.84%), Vitamin B3: 0.94mg (4.71%), Zinc: 0.55mg (3.67%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.17µg (1.11%)