



Scallion and Egg Pancakes



Vegetarian



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon cider vinegar
- ☐ 2 eggs plus egg yolks beaten
- ☐ 4 large flour tortillas plain
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon oil light
- ☐ 4 servings salt
- ☐ 4 scallions cut into 1-inch lengths
- ☐ 1 teaspoon sesame oil

- ☐ 0.3 cup tamari soy sauce dark
- ☐ 0.1 cup water

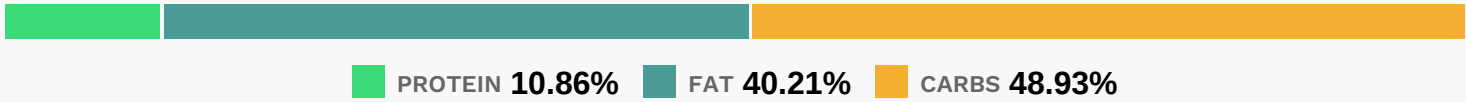
Equipment

- ☐ frying pan

Directions

- ☐ Mix honey with vinegar, sesame oil, and tamari, then stir in water and transfer to a small serving dish.
- ☐ Heat a large nonstick skillet over high heat with 1 tablespoon oil. When the oil smokes, add scallions and sear them, crisping them at edges and charring the greens, 2 minutes. Pull pan from heat and add egg mixture seasoned with salt. Toss and scramble the eggs, putting the pan back over the heat briefly if necessary, then remove eggs to a plate. Wipe pan clean and add a drizzle of oil to skillet and a tortilla. Blister the tortilla, 30 seconds, turn it and add 1/4 of the scallions and eggs to top the tortilla. Fold the tortilla into quarters and crisp the outsides then remove, repeat with remaining ingredients then serve with sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:43.32, Glycemic Load:9.49, Inflammation Score:-3, Nutrition Score:7.8991304376851%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 205.81kcal (10.29%), Fat: 9.32g (14.34%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 24.02g (8.73%), Sugar: 10.32g (11.47%), Cholesterol: 97.2mg (32.4%), Sodium: 1231.78mg (53.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin K: 29.69µg (28.28%), Selenium: 12.01µg (17.15%), Manganese: 0.26mg (13.15%), Folate: 51.84µg (12.96%), Vitamin B1: 0.18mg (12.13%), Phosphorus: 120.91mg (12.09%), Iron: 1.91mg (10.61%), Vitamin B3: 1.98mg (9.88%), Vitamin B2: 0.17mg (9.87%), Calcium: 68.18mg (6.82%), Vitamin E: 0.92mg (6.16%), Fiber: 1.5g (6%), Vitamin A: 249.42IU (4.99%), Vitamin B6: 0.09mg (4.4%), Magnesium: 15.73mg (3.93%), Vitamin B5: 0.39mg (3.89%), Copper: 0.07mg (3.65%), Potassium: 119.41mg (3.41%), Zinc: 0.5mg (3.34%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.18µg (2.93%), Vitamin C: 2.31mg

(2.8%)