



Scallion Cilantro Pancakes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



26 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 large egg yolk
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 2 tablespoons rice vinegar (not seasoned)
- ☐ 0.5 teaspoon salt
- ☐ 4 spring onion dark green diagonally sliced into 1 1/2-inch pieces (pale and parts only)
- ☐ 1 small serrano chiles fresh green minced

- ☐ 0.1 teaspoon sesame oil
- ☐ 1 teaspoon sesame seed toasted
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup rice flour sweet (not from rice)
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water
- ☐ 1 large eggs whole

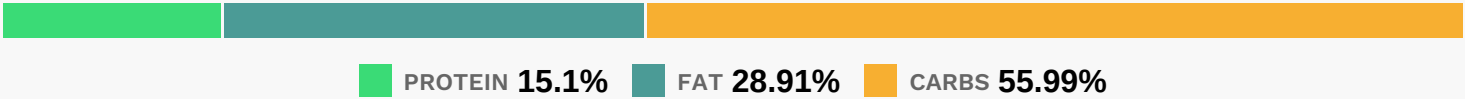
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Stir together soy sauce, vinegar, and oil in a bowl, then stir in sesame seeds.
- ☐ Whisk together flours, salt, whole egg, yolk, water, chile, pepper, and sesame oil in a bowl (batter will be thin).
- ☐ Heat 3/4 teaspoon vegetable oil in an 8-inch nonstick skillet over moderately high heat until hot but not smoking.
- ☐ Pour in 1/3 cup batter, then scatter one fourth of scallions and one fourth of cilantro leaves over top, gently pressing into pancake. Fry pancake until underside is pale golden, about 2 minutes. Turn pancake over and cook until scallions are lightly browned, about 1 minute, then transfer to paper towels. Make 3 more pancakes in same manner, adding vegetable oil to skillet each time (there may be some leftover batter).
- ☐ Transfer pancakes to a cutting board and cut each into 8 wedges.
- ☐ Serve warm or at room temperature, with dipping sauce.
- ☐ *We like Arrowhead Mills brand; visit arrowheadmills.com for stores nearest you.
- ☐ Dipping sauce can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:10.59, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:1.2273913025856%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 25.66kcal (1.28%), Fat: 0.81g (1.25%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.1g (0.11%), Cholesterol: 11.55mg (3.85%), Sodium: 174.58mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin K: 4.33µg (4.12%), Selenium: 2.02µg (2.88%), Manganese: 0.05mg (2.71%), Folate: 8.5µg (2.12%), Vitamin B1: 0.03mg (1.95%), Vitamin B2: 0.03mg (1.77%), Vitamin B3: 0.32mg (1.59%), Iron: 0.28mg (1.53%), Phosphorus: 13.83mg (1.38%)