



Scallion Pancakes

 Vegetarian  Dairy Free

READY IN



16 min.

SERVINGS



8

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chili paste depending on your taste pref such as sriracha hot chili paste hot
- 1 large eggs
- 1 cup flour all-purpose
- 0.3 cup cilantro leaves fresh finely chopped
- 0.5 bunch cilantro leaves fresh
- 1 big ginger fresh smashed
- 1 pinch kosher salt
- 1.5 cups soya sauce low-sodium

- 8 servings vegetable oil; peanut oil preferred for frying
- 1 tablespoon rice vinegar
- 0.3 cup scallion finely chopped
- 1 teaspoon sesame oil toasted
- 1 tablespoon sesame seed toasted
- 1 teaspoon sesame seed toasted
- 1 tablespoon sugar
- 0.8 cup water

Equipment

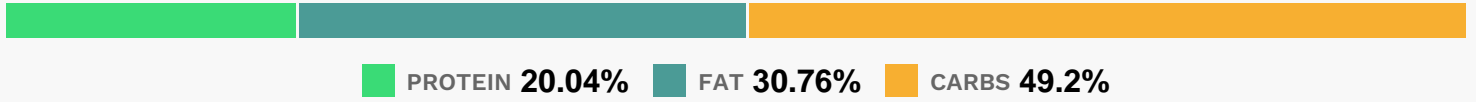
- bowl
- frying pan
- paper towels
- blender
- spatula

Directions

- Combine all the dipping sauce ingredients in a bowl and let it sit while you make the pancakes.
- Remove the ginger and cilantro before serving.
- Put the egg, water, sesame oil, and salt into a blender and blend well.
- Add the flour and blend until smooth, it should be the consistency of heavy cream. Stir in the cilantro, scallion, and sesame seeds.
- Heat a large nonstick skillet over medium high heat; add 1 teaspoon peanut oil and spread it around the pan with a paper towel.
- Pour in half the batter, swirling and tipping the pan to get one thin layer over the bottom of the pan. Cook until set, about 2 minutes. Flip the pancake with a spatula and cook on the other side for about 1 minute.
- Place the scallion pancake on a platter and make another pancake with the remaining batter.
- Cut the pancakes into wedges or roll them up and cut them into pieces.

Serve with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:47.01, Glycemic Load:9.8, Inflammation Score:-4, Nutrition Score:7.02695646493333%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 139.55kcal (6.98%), Fat: 4.84g (7.45%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 16.38g (5.96%), Sugar: 2.08g (2.31%), Cholesterol: 23.25mg (7.75%), Sodium: 1738.06mg (75.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.19%), Manganese: 0.35mg (17.71%), Folate: 56.7µg (14.17%), Vitamin B2: 0.23mg (13.51%), Phosphorus: 119.54mg (11.95%), Selenium: 7.96µg (11.37%), Magnesium: 43.31mg (10.83%), Vitamin B1: 0.16mg (10.57%), Iron: 1.75mg (9.72%), Vitamin K: 9.75µg (9.28%), Vitamin B3: 1.59mg (7.97%), Potassium: 224.43mg (6.41%), Copper: 0.11mg (5.73%), Vitamin B6: 0.11mg (5.59%), Vitamin E: 0.77mg (5.13%), Zinc: 0.69mg (4.61%), Fiber: 1.04g (4.16%), Calcium: 36.64mg (3.66%), Vitamin B5: 0.33mg (3.28%), Vitamin A: 136.48IU (2.73%), Vitamin C: 1.22mg (1.48%)