



Scallion Pancakes



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 piece ginger fresh grated peeled
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 0.5 cup rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup scallions thinly sliced

- ☐ 2 teaspoons sesame oil
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons vegetable oil

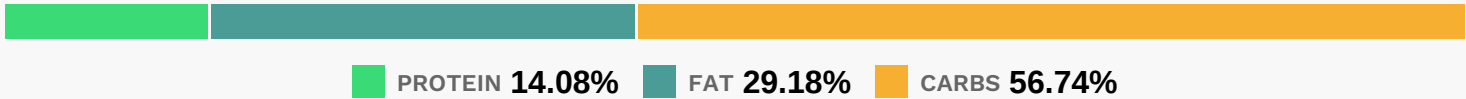
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine all ingredients in a small bowl. Cover and chill.
- ☐ Make pancakes: Preheat oven to 200F. In a bowl, beat eggs with 1 1/2 cups water, sesame oil and salt.
- ☐ Whisk in flour until mixture forms a smooth batter.
- ☐ Let stand 20 to 30 minutes.
- ☐ Warm 2 tsp. vegetable oil in a skillet over medium-high heat.
- ☐ Pour in 1/2 cup batter; swirl to form a pancake.
- ☐ Sprinkle with 1/4 cup scallions. Cook until set on bottom, 2 to 3 minutes. Flip; cook other side for about 1 minute. Keep warm in oven.
- ☐ Repeat with remaining batter and scallions, adding more oil to skillet as necessary.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:17.64, Inflammation Score:-4, Nutrition Score:8.6956521324489%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 188.49kcal (9.42%), Fat: 5.99g (9.22%), Saturated Fat: 1.11g (6.97%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 24.88g (9.05%), Sugar: 0.78g (0.87%), Cholesterol: 46.5mg (15.5%), Sodium: 741.95mg (32.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.01%), Vitamin K: 32.53µg (30.98%), Selenium: 14.7µg (21%), Folate: 78.21µg (19.55%), Vitamin B1: 0.26mg (17.61%), Manganese: 0.32mg (15.87%), Vitamin B2: 0.26mg (15.37%), Iron: 2.1mg (11.68%), Vitamin B3: 2.12mg (10.61%), Phosphorus: 90.89mg (9.09%), Magnesium: 22.6mg (5.65%), Fiber: 1.34g (5.37%), Vitamin A: 229.19IU (4.58%), Potassium: 147.71mg (4.22%), Vitamin E: 0.63mg (4.17%), Vitamin B5: 0.39mg (3.92%), Copper: 0.08mg (3.82%), Zinc: 0.56mg (3.77%), Vitamin B6: 0.07mg (3.61%), Vitamin C: 2.39mg (2.9%), Calcium: 27.07mg (2.71%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)