



## Sesame-Onion Pancakes

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 tablespoon canola oil
- 9 ounces flour all-purpose
- 0.5 cup green onions minced
- 0.3 teaspoon salt
- 3 tablespoons sesame seed
- 0.8 cup water

### Equipment

- food processor
- frying pan
- paper towels
- knife
- plastic wrap
- wax paper
- measuring cup

## Directions

- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sesame seeds, salt, and baking powder in a food processor; pulse just until combined.
- Add oil, and pulse until combined.
- Add onions; pulse until combined.
- Add water; pulse until mixture begins to hold together (do not allow dough to form a ball).
- Place dough on a lightly floured surface. Divide into 12 equal portions, shaping each portion into a ball. Working with 1 portion of dough at a time (cover remaining portions to prevent drying), roll each portion into a 5-inch circle between 2 sheets of heavy-duty plastic wrap. Stack pancakes between single layers of wax paper or paper towels to prevent sticking.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Place 1 pancake in pan, and cook for 20 seconds or until lightly browned. Turn and cook 20 seconds or until lightly browned.
- Remove from pan, and keep warm. Repeat the procedure with cooking spray and remaining pancakes.
- Cut each pancake into 6 wedges.
- Serve warm.

## Nutrition Facts



**PROTEIN 10.51%** **FAT 21.39%** **CARBS 68.1%**

## Properties

Glycemic Index:19.5, Glycemic Load:11.9, Inflammation Score:-2, Nutrition Score:4.5026086827983%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 100.54kcal (5.03%), Fat: 2.38g (3.66%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 16.1g (5.86%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 59.33mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.25%), Vitamin B1: 0.19mg (12.33%), Selenium: 7.92µg (11.32%), Folate: 43.52µg (10.88%), Manganese: 0.2mg (10.05%), Vitamin K: 9.52µg (9.07%), Iron: 1.35mg (7.49%), Vitamin B3: 1.37mg (6.84%), Vitamin B2: 0.11mg (6.67%), Copper: 0.12mg (5.91%), Phosphorus: 38.91mg (3.89%), Fiber: 0.92g (3.67%), Magnesium: 12.7mg (3.18%), Calcium: 31.06mg (3.11%), Zinc: 0.32mg (2.14%), Vitamin E: 0.24mg (1.63%), Vitamin B6: 0.03mg (1.38%), Potassium: 43.64mg (1.25%)