



## Shredded Carrot-Ginger Pancakes with Asian Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

### Ingredients

- 1 tablespoon canola oil divided
- 1 pound coarsely carrot shredded
- 3 tablespoons cracker meal
- 0.5 cup egg substitute
- 0.5 teaspoon ginger fresh grated peeled
- 1 teaspoon ginger fresh grated peeled
- 0.5 teaspoon garlic minced

- 1 teaspoon garlic minced
- 0.5 cup green onions chopped
- 2 tablespoons soya sauce low-sodium
- 0.5 teaspoon rice wine vinegar
- 0.3 teaspoon salt
- 1.5 tablespoons water

## Equipment

- bowl
- frying pan
- whisk

## Directions

- To prepare pancakes, combine first 4 ingredients in a large bowl.
- Combine egg substitute, cracker meal, and salt in a small bowl.
- Add egg mixture to carrot mixture; stir to blend.
- Heat 1 1/2 teaspoons oil in a nonstick griddle or large nonstick skillet coated with cooking spray over medium-low heat. Using about 1/4 cup batter per pancake, spoon 4 pancakes onto hot pan, spreading each to a 4-inch diameter. Cook 4 minutes on each side or until bottoms are lightly browned and cooked through.
- Transfer to a plate; keep warm.
- Heat remaining 1 1/2 teaspoons oil in pan; repeat procedure with remaining batter.
- Transfer to a plate; keep warm.
- Garnish with green onion strips, if desired.
- To prepare dipping sauce, combine soy sauce and remaining ingredients in a small bowl, and stir with a whisk.
- Serve with pancakes.

## Nutrition Facts



■ PROTEIN 14.49% ■ FAT 35.42% ■ CARBS 50.09%

## Properties

Glycemic Index:54.71, Glycemic Load:3.91, Inflammation Score:-10, Nutrition Score:15.511739108873%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 157.35kcal (7.87%), Fat: 6.41g (9.85%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 16.53g (6.01%), Sugar: 7.23g (8.04%), Cholesterol: 0mg (0%), Sodium: 671.68mg (29.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.79%), Vitamin A: 19136.51IU (382.73%), Vitamin K: 48.96µg (46.63%), Selenium: 13.3µg (19%), Vitamin E: 2.33mg (15.53%), Fiber: 3.85g (15.4%), Manganese: 0.3mg (14.95%), Potassium: 510.3mg (14.58%), Vitamin B2: 0.24mg (14.21%), Vitamin B6: 0.24mg (11.93%), Vitamin C: 9.58mg (11.61%), Vitamin B1: 0.17mg (11.49%), Folate: 45.97µg (11.49%), Phosphorus: 111.47mg (11.15%), Iron: 1.75mg (9.71%), Vitamin B3: 1.87mg (9.34%), Calcium: 90.25mg (9.03%), Vitamin B5: 0.89mg (8.92%), Magnesium: 28.9mg (7.23%), Zinc: 0.76mg (5.08%), Copper: 0.09mg (4.59%), Vitamin D: 0.48µg (3.2%), Vitamin B12: 0.1µg (1.7%)