



Shrimp and Green Onion Pancakes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups flour
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 medium carrots peeled cut into 3- to 4-inch-long matchstick-size strips
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 large eggs
- ☐ 8 spring onion cut into 3- to 4-inch-long matchstick-size strips (white and pale green parts only)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup soy sauce reduced-sodium

- ☐ 1 medium onion halved very thinly sliced
- ☐ 2 teaspoons sesame oil
- ☐ 0.5 pound shrimp deveined uncooked peeled cut into 1/3-inch pieces
- ☐ 4 tablespoons vegetable oil divided
- ☐ 2 tablespoons water

Equipment

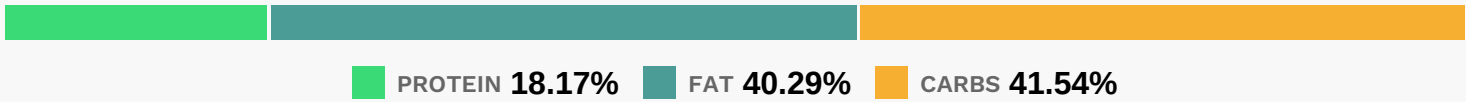
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Whisk eggs in medium bowl to blend.
- ☐ Whisk in 1 1/2 cups cold water, 1/2 teaspoon salt, gochu garu, and 1/4 teaspoon black pepper.
- ☐ Add flour; whisk until smooth.
- ☐ Mix in shrimp, all onions, and carrot.
- ☐ Let batter stand 1 hour at room temperature.
- ☐ Whisk soy sauce, 2 tablespoons water, lemon juice, sesame oil, and gochu garu in medium bowl; divide among 4 to 6 small dipping bowls.
- ☐ Heat 1 tablespoon oil in each of two 10-inch-diameter nonstick skillets over medium heat.
- ☐ Add 1 cup pancake batter to each, spreading to edges of skillet. Cook until edges are firm and bottom is golden brown, about 4 minutes. Using spatula, turn pancakes over. Cook until second side is golden brown and shrimp is cooked through, about 4 more minutes (center will be soft). Increase heat to high and cook until bottom is deep brown, about 1 minute longer per side. Slide pancakes out onto cutting board. Repeat with remaining oil and batter, forming 2 more pancakes.
- ☐ Cut pancakes into wedges.
- ☐ Serve warm or at room temperature with dipping sauce.

*Also known as Korean crushed red pepper;available at Korean markets.

Nutrition Facts



Properties

Glycemic Index:35.47, Glycemic Load:18.21, Inflammation Score:-9, Nutrition Score:15.433478137721%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 286.4kcal (14.32%), Fat: 12.82g (19.73%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 27.72g (10.08%), Sugar: 2.01g (2.23%), Cholesterol: 109.63mg (36.54%), Sodium: 1207.65mg (52.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.01g (26.02%), Vitamin K: 51.78µg (49.32%), Vitamin A: 2017.12IU (40.34%), Selenium: 27.21µg (38.88%), Folate: 98.22µg (24.56%), Phosphorus: 209.58mg (20.96%), Manganese: 0.39mg (19.72%), Vitamin B1: 0.29mg (19.55%), Vitamin B2: 0.31mg (18.34%), Vitamin B3: 2.98mg (14.91%), Iron: 2.43mg (13.5%), Vitamin E: 1.71mg (11.38%), Magnesium: 38.6mg (9.65%), Vitamin B12: 0.57µg (9.47%), Vitamin B6: 0.19mg (9.26%), Vitamin C: 6.9mg (8.36%), Copper: 0.16mg (8.2%), Fiber: 2.04g (8.16%), Potassium: 283.71mg (8.11%), Zinc: 1.09mg (7.27%), Vitamin B5: 0.65mg (6.48%), Calcium: 60.84mg (6.08%), Vitamin D: 0.37µg (2.47%)