



Spinach Pancakes

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs
- 4 tablespoons flour all-purpose
- 10 ounce pkt spinach frozen thawed drained
- 2 tablespoons olive oil
- 0.5 teaspoon paprika
- 4 servings salt and pepper to taste

Equipment

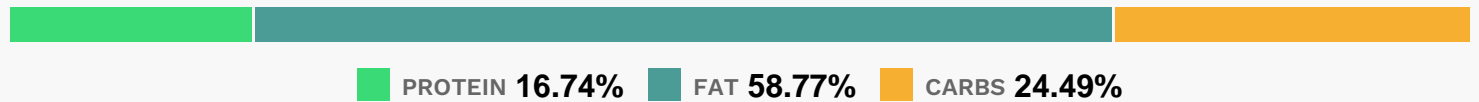
- bowl

- frying pan
- paper towels

Directions

- In a medium bowl, mix together flour and eggs. Stir in spinach, and season with salt and pepper to taste and paprika.
- Heat olive oil in a large skillet. Drop spinach mixture into the oil by the spoonful, and flatten into patties. Cook until browned on both sides.
- Remove to paper towels to drain.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:4.15, Inflammation Score:-10, Nutrition Score:18.745652219524%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 141.9kcal (7.09%), Fat: 9.6g (14.77%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 9g (3%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.59g (0.65%), Cholesterol: 81.84mg (27.28%), Sodium: 277.94mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Vitamin K: 268.15µg (255.38%), Vitamin A: 8552.6IU (171.05%), Folate: 126.95µg (31.74%), Manganese: 0.56mg (28.04%), Vitamin E: 3.37mg (22.48%), Selenium: 13.57µg (19.38%), Vitamin B2: 0.3mg (17.61%), Magnesium: 57.9mg (14.47%), Iron: 2.17mg (12.03%), Calcium: 105.63mg (10.56%), Fiber: 2.35g (9.38%), Vitamin B1: 0.14mg (9.01%), Phosphorus: 87.17mg (8.72%), Vitamin B6: 0.17mg (8.4%), Potassium: 289.42mg (8.27%), Copper: 0.13mg (6.53%), Zinc: 0.74mg (4.96%), Vitamin C: 3.9mg (4.73%), Vitamin B5: 0.44mg (4.43%), Vitamin B3: 0.84mg (4.22%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)