



Spinach Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



46 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup knudsen cream sour
- 8 eggs lightly beaten
- 4 oz athenos feta cheese crumbled traditional
- 10 oz pkt spinach frozen thawed drained chopped well
- 2 Tbsp oil
- 1 small onion chopped

Equipment

- frying pan

Directions

- Mix eggs, spinach and onion until well blended.
- Heat oil in large nonstick skillet on medium-high heat. For each pancake, pour 1/4 cup of the egg mixture into skillet; sprinkle with about 1 Tbsp. of the cheese. Cook 2 min. or until golden brown. Turn pancakes; cook until other side is golden brown.
- Serve topped with sour cream.

Nutrition Facts

 **PROTEIN 21.1%**  **FAT 70.17%**  **CARBS 8.73%**

Properties

Glycemic Index:1.8, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:5.1073912278466%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 46.31kcal (2.32%), Fat: 3.66g (5.63%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.33g (0.37%), Cholesterol: 49.27mg (16.42%), Sodium: 68.03mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Vitamin K: 35.99µg (34.28%), Vitamin A: 1211.33IU (24.23%), Selenium: 4.89µg (6.99%), Vitamin B2: 0.11mg (6.69%), Folate: 21.1µg (5.27%), Phosphorus: 44.19mg (4.42%), Calcium: 41.8mg (4.18%), Vitamin E: 0.58mg (3.88%), Manganese: 0.07mg (3.72%), Vitamin B12: 0.18µg (2.94%), Vitamin B6: 0.06mg (2.83%), Magnesium: 9.83mg (2.46%), Vitamin B5: 0.24mg (2.41%), Iron: 0.42mg (2.31%), Zinc: 0.33mg (2.2%), Potassium: 59.43mg (1.7%), Vitamin D: 0.25µg (1.67%), Vitamin B1: 0.02mg (1.42%), Fiber: 0.31g (1.25%), Copper: 0.02mg (1.24%)