



Squash Pancakes with Fig Syrup

READY IN



39 min.

SERVINGS



4

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 3 cups butternut squash cubed peeled seeded
- ☐ 0.5 cup cake flour (not self-rising)
- ☐ 0.3 cup crème fraîche
- ☐ 2 large egg whites
- ☐ 1 tablespoon grapeseed oil
- ☐ 2 tablespoons indian maple sugar
- ☐ 1 teaspoons maple syrup plus more to drizzle
- ☐ 4 servings salt and pepper

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ juicer

Directions

- ☐ Special equipment: Vegetable juicer, 12-inch non-stick saute pan
- ☐ Using a vegetable juicer, juice the squash and reserve the pulp. (You should have about 1/2 cup of pulp and 1/2 cup of juice.)
- ☐ Place the squash pulp in a medium mixing bowl and sprinkle with the flour. Using your fingers, gently squeeze the pulp and flour together until just blended. Gently stir in the squash juice and apple juice until just blended.
- ☐ In a large bowl, whisk the egg whites to a very soft peak.
- ☐ Add the fig syrup and whisk to a medium-firm peak. Gently fold 1/3 of the egg whites into the batter base to lighten it, being careful not to fully incorporate the egg whites. Gently fold the lightened batter back into the egg whites. Again, be careful not to fully incorporate the mixture. (The more gently you treat the egg whites, the higher the batter will rise.)
- ☐ Heat a 12-inch non-stick saute pan over a medium heat until hot. With a paper towel dipped in the oil, lightly oil the pan. Working in batches, spoon about 2 tablespoons of the batter into the pan, to form as many 2 to 3-inch round cakes as will fit, and cook until just set. Gently turn the cake over and finish cooking, about 1 1/2 to 2 minutes. The cakes will be very soft. Repeat with the remaining batter.
- ☐ To serve: Shingle the cakes on heated plates.
- ☐ Place a quenelle of creme fraiche against each serving of cakes and drizzle with fig syrup.
- ☐ Sprinkle each plate with Indian maple sugar.

Nutrition Facts



 **PROTEIN 9.11%**  **FAT 27.04%**  **CARBS 63.85%**

Properties

Glycemic Index:65.31, Glycemic Load:13.41, Inflammation Score:-10, Nutrition Score:13.689130518747%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 216.8kcal (10.84%), Fat: 6.74g (10.36%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 33.26g (12.09%), Sugar: 13.27g (14.75%), Cholesterol: 8.48mg (2.83%), Sodium: 232.36mg (10.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Vitamin A: 11251.68IU (225.03%), Manganese: 0.73mg (36.49%), Vitamin C: 22.46mg (27.22%), Vitamin E: 2.64mg (17.6%), Selenium: 10.65µg (15.22%), Potassium: 485.63mg (13.88%), Magnesium: 46.19mg (11.55%), Fiber: 2.54g (10.15%), Vitamin B2: 0.16mg (9.14%), Vitamin B6: 0.18mg (9%), Folate: 35.03µg (8.76%), Vitamin B1: 0.13mg (8.62%), Calcium: 79.58mg (7.96%), Vitamin B3: 1.47mg (7.37%), Phosphorus: 65.6mg (6.56%), Copper: 0.12mg (6.08%), Iron: 1.06mg (5.88%), Vitamin B5: 0.59mg (5.87%), Zinc: 0.81mg (5.4%), Vitamin K: 1.42µg (1.35%)