



 **7%**
HEALTH SCORE

Sweet Potato and Kim Chi Pancakes

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup corn oil
- 1 large eggs lightly beaten
- 0.8 cup flour all-purpose
- 1.5 teaspoons garlic finely chopped
- 7 ounces kimchi packed very thinly sliced
- 1 teaspoon kosher salt
- 1 cup spring onion thinly sliced (from 2 bunches)
- 1 tablespoons serrano chiles fresh chopped (including seeds; amount depends on heat of kimchi)

- 1 pound sweet potatoes and into

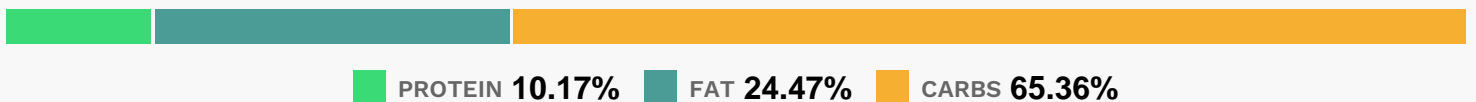
Equipment

- frying pan
- paper towels
- oven
- spatula

Directions

- Peel sweet potatoes and julienne using slicer (about 6 cups).
- Stir potato together with remaining ingredients except oil.
- Let mixture stand at room temperature until wilted and moist, about 5 minutes, then stir again.
- Heat 2 tablespoon oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Filling a 1/3-cup measure halfway full with potato mixture for each pancake and working in batches of 5 or 6, tap out into oil, gently flattening pancakes with a spatula to about 1/4 inch thick. Cook until golden brown, 1 1/2 to 2 minutes. Flip, adding a little more oil if necessary, and cook until golden brown, 1 to 2 minutes more.
- Transfer to paper towels to drain.
- Add oil to skillet between batches as needed.
- Serve warm, with dipping sauce.
- Pancakes can be fried 2 weeks ahead, then cooled and frozen. Reheat unthawed pancakes in a 375°F oven.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:12.34, Inflammation Score:-10, Nutrition Score:12.406956610472%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 134.26kcal (6.71%), Fat: 3.7g (5.69%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 19.4g (7.05%), Sugar: 3.06g (3.39%), Cholesterol: 23.25mg (7.75%), Sodium: 456.79mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 8242.71IU (164.85%), Vitamin K: 39.17µg (37.31%), Manganese: 0.26mg (13.08%), Folate: 51.96µg (12.99%), Fiber: 2.82g (11.28%), Vitamin B2: 0.19mg (10.9%), Vitamin B6: 0.21mg (10.55%), Iron: 1.83mg (10.18%), Vitamin B1: 0.15mg (10.01%), Selenium: 6.52µg (9.31%), Potassium: 292.15mg (8.35%), Vitamin B3: 1.38mg (6.92%), Phosphorus: 63.86mg (6.39%), Copper: 0.13mg (6.38%), Vitamin B5: 0.62mg (6.17%), Magnesium: 24.03mg (6.01%), Vitamin C: 4.72mg (5.72%), Vitamin E: 0.74mg (4.97%), Calcium: 40.85mg (4.09%), Zinc: 0.45mg (2.99%)