



Sweet Potato Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 egg white
- 4 eggs
- 2 teaspoons ground cinnamon
- 1 cup yogurt plain
- 2 cups rolled oats
- 1 pound sweet potatoes and into
- 2 teaspoons vanilla extract

Equipment

- food processor
- bowl
- frying pan
- paper towels
- knife
- blender
- microwave

Directions

- Pierce the sweet potato a few times with a fork. Wrap in a paper towel and cook in the microwave for 5 minutes at full power, or until tender. Cool slightly, and remove the skin with a small knife.
- Meanwhile, process the oats in a blender or food processor until powdery.
- Transfer the oats to a large bowl. Break the sweet potato into chunks, and place in the food processor. Blend until smooth.
- Transfer to the bowl with the oats, and stir in the olive oil, molasses, eggs, egg white, vanilla, cinnamon and yogurt. Adjust the thickness to your liking by adding more yogurt if necessary.
- Heat a lightly greased skillet over medium heat.
- Pour 1/4 cupfuls of batter onto the skillet when hot, and cook until bubbles appear on the surface. Flip, and cook on the other side until browned. Continue with remaining batter.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:4.23, Inflammation Score:-9, Nutrition Score:6.8721738379935%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 72.72kcal (3.64%), Fat: 1.78g (2.74%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 9.3g (3.38%), Sugar: 1.7g (1.89%), Cholesterol: 34.33mg (11.44%), Sodium: 33.64mg (1.46%), Alcohol: 0.14g (100%), Alcohol %: 0.32% (100%), Protein: 3.13g (6.26%), Vitamin A: 3277.79IU (65.56%), Manganese: 0.39mg (19.59%), Selenium: 5.76µg (8.22%), Phosphorus: 73.34mg (7.33%), Fiber: 1.61g (6.42%), Vitamin B2: 0.09mg (5.36%), Magnesium: 19.72mg (4.93%), Vitamin B5: 0.46mg (4.59%), Vitamin B1: 0.06mg (4.15%), Potassium: 140.81mg (4.02%), Vitamin B6: 0.07mg (3.74%), Copper: 0.07mg (3.73%), Zinc: 0.55mg (3.69%), Iron: 0.66mg (3.67%), Calcium: 32.92mg (3.29%), Folate: 10.15µg (2.54%), Vitamin B12: 0.13µg (2.08%), Vitamin E: 0.2mg (1.32%), Vitamin D: 0.19µg (1.25%), Vitamin B3: 0.24mg (1.19%)