



## The Crisper Whisperer: Zucchini Pancakes Redux



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 eggs
- ☐ 0.5 cup flour
- ☐ 2 servings maple syrup for serving
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 tablespoons vegetable oil; peanut oil preferred neutral plus more if needed

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 2 large zucchini shredded loosely packed ( 3 cups and )

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ kitchen towels
- ☐ colander
- ☐ box grater

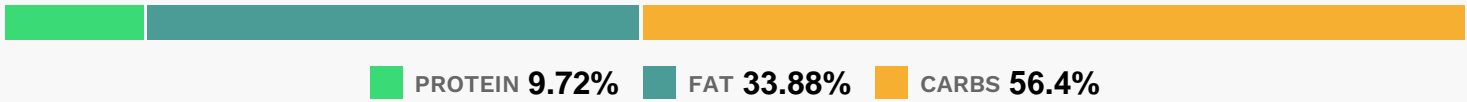
## Directions

- ☐ Shred the zucchini on the large holes of a box grater or in a food processor with the shredding disk.
- ☐ Place the shredded zucchini in a colander in the sink and sprinkle with the salt. Toss to combine.
- ☐ Let drain for 30 minutes, then pick up by the handful and squeeze out as much moisture as possible.
- ☐ Place on a kitchen towel or double layer of paper towels.
- ☐ In a medium bowl, combine the eggs, sugar, vanilla, cinnamon, and nutmeg. Beat well with a fork.
- ☐ Add the drained zucchini and mix together.
- ☐ Sprinkle the flour and baking powder on top and mix with a fork just until well combined.
- ☐ Heat one tablespoon of the oil over medium-high heat in a wide, heavy pan. When the oil is hot, drop the batter into the pan by heaping tablespoonful. Cook for about three minutes on the first side, until nicely browned. Flip and cook for about two minutes more.
- ☐ Place the cooked pancakes on a rack and repeat with the remaining oil and batter.

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Serve with butter and maple syrup, if desired (though they're quite sweet on their own).

# Nutrition Facts



## Properties

Glycemic Index:181.8, Glycemic Load:41.21, Inflammation Score:-8, Nutrition Score:25.401304348655%

## Flavonoids

Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

## Nutrients (% of daily need)

Calories: 512.08kcal (25.6%), Fat: 19.7g (30.31%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 73.79g (24.6%), Net Carbohydrates: 69.4g (25.24%), Sugar: 45.46g (50.52%), Cholesterol: 163.68mg (54.56%), Sodium: 593.86mg (25.82%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Protein: 12.72g (25.43%), Vitamin C: 57.84mg (70.11%), Manganese: 1.36mg (67.8%), Vitamin B2: 0.92mg (54.07%), Folate: 155.61µg (38.9%), Selenium: 24.92µg (35.6%), Vitamin B6: 0.62mg (30.82%), Phosphorus: 288.34mg (28.83%), Potassium: 987.66mg (28.22%), Vitamin B1: 0.42mg (28.17%), Calcium: 226.34mg (22.63%), Iron: 3.73mg (20.71%), Vitamin E: 3.08mg (20.52%), Magnesium: 75.92mg (18.98%), Vitamin A: 885.33IU (17.71%), Fiber: 4.4g (17.58%), Vitamin B3: 3.37mg (16.83%), Vitamin B5: 1.47mg (14.72%), Vitamin K: 14.37µg (13.68%), Zinc: 1.98mg (13.2%), Copper: 0.25mg (12.75%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)