



## Veggie Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



47 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 tablespoons butter
- 1.5 cups carrots shredded
- 1 cup celery stalks chopped
- 1 cup bell pepper red chopped
- 0.5 cup onion yellow chopped
- 2 cups baby spinach fresh chopped
- 2 eggs
- 0.8 teaspoon salt

- 0.3 teaspoon pepper
- 1 cup pasta sauce warmed
- 1 cup frangelico

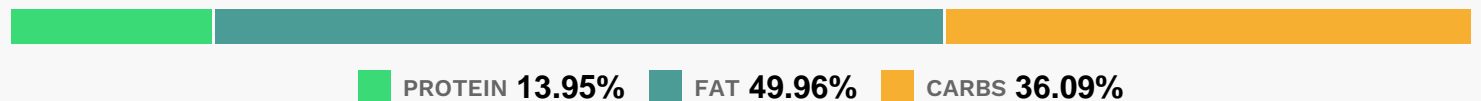
## Equipment

- bowl
- frying pan
- paper towels
- spatula

## Directions

- In 12-inch nonstick skillet, melt butter over medium-high heat. Cook carrots, celery, bell pepper and onion in butter 2 to 3 minutes, stirring frequently, until crisp-tender.
- Add spinach; cook and stir 1 to 2 minutes until wilted. Cool slightly.
- In medium bowl, stir Bisquick mix and eggs.
- Add vegetables, salt and pepper; stir well.
- Wipe same skillet with paper towel. Spray skillet with cooking spray; heat over medium heat. For each pancake, use 1/4 cup of batter; flatten slightly with spatula. Cook until golden brown, about 1 to 2 minutes on each side.
- Serve with pasta sauce.

## Nutrition Facts



## Properties

Glycemic Index:24.74, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:8.7169564651406%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.65mg, Quercetin:

1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

## **Nutrients (% of daily need)**

Calories: 47kcal (2.35%), Fat: 2.77g (4.26%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.12g (1.13%), Sugar: 2.45g (2.72%), Cholesterol: 32.3mg (10.77%), Sodium: 290.03mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin A: 3755.04IU (75.1%), Vitamin K: 30.19µg (28.75%), Vitamin C: 20.43mg (24.76%), Folate: 28.11µg (7.03%), Manganese: 0.13mg (6.42%), Potassium: 208.82mg (5.97%), Vitamin B6: 0.11mg (5.74%), Vitamin E: 0.85mg (5.69%), Fiber: 1.38g (5.53%), Vitamin B2: 0.08mg (4.91%), Selenium: 2.55µg (3.64%), Phosphorus: 35.89mg (3.59%), Iron: 0.6mg (3.32%), Magnesium: 13.02mg (3.25%), Vitamin B5: 0.29mg (2.94%), Vitamin B3: 0.56mg (2.79%), Copper: 0.05mg (2.54%), Calcium: 23.8mg (2.38%), Vitamin B1: 0.03mg (2.27%), Zinc: 0.26mg (1.74%), Vitamin B12: 0.07µg (1.15%)