



Veggie Stuffed Pancakes

READY IN



70 min.

SERVINGS



6

CALORIES



423 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 carrots peeled chopped
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 1 pound pkt spinach frozen thawed drained
- ☐ 1 clove garlic chopped
- ☐ 8 ounce mascarpone cheese
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 1.5 cups pancake mix (recommended: Krusteaz)

- ☐ 0.3 cup parmesan grated
- ☐ 2 roma tomatoes chopped
- ☐ 1 teaspoon salt
- ☐ 1.3 cups mozzarella cheese shredded
- ☐ 1 cup water
- ☐ 0.5 cups milk whole

Equipment

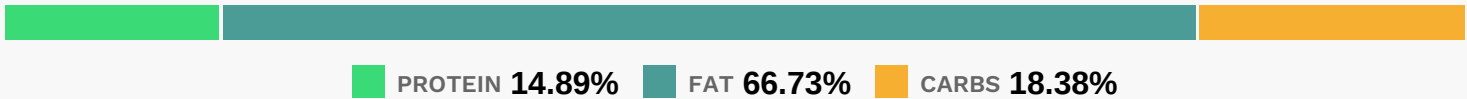
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ In a medium bowl combine the pancake mix and water.
- ☐ Whisk the batter until smooth.
- ☐ Heat a large non-stick skillet over medium-high heat. Make 12 pancakes about 5 1/2-inches in diameter.
- ☐ Transfer to a plate and set aside.
- ☐ Warm the olive oil in a large skillet.
- ☐ Add the onions, carrots, and garlic and saute until the vegetables are tender, about 5 minutes.
- ☐ Add the spinach, tomatoes, salt, and pepper. Stir to combine.
- ☐ Transfer the vegetable mixture to a large bowl.
- ☐ Add the basil, 1/4 cup Parmesan, and mascarpone cheese. Stir the mixture until well mixed.
- ☐ Preheat the oven to 350 degrees F. Lightly grease a 9 by 12-inch baking dish (or individual baking dishes). Using about half the vegetable mixture fill the pancakes.

- ☐ Lay pancake down on a work surface, top with 2 spoonfuls of vegetable mixture, sprinkle with some mozzarella cheese.
- ☐ Roll up the pancake around the vegetable mixture and place in the baking dish. Continue with the remaining pancakes, placing in the baking dish in 2 rows, and using up all the shredded mozzarella cheese.
- ☐ Place the remaining vegetable mixture in a blender with 1/2 cup whole milk. Blend until smooth adding up to 1/4 cup more milk if necessary to make a sauce.
- ☐ Pour the sauce over the center of the vegetable–stuffed pancakes in two rows.
- ☐ Sprinkle with the remaining 1/4 cup Parmesan.
- ☐ Bake until the cheese is melted and the vegetables are hot, about 25 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.97, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:23.967825931052%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 423.23kcal (21.16%), Fat: 31.67g (48.73%), Saturated Fat: 16.08g (100.48%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 15.65g (5.69%), Sugar: 4.04g (4.48%), Cholesterol: 84.58mg (28.19%), Sodium: 867.22mg (37.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.8%), Vitamin K: 293.39µg (279.42%), Vitamin A: 13321.02IU (266.42%), Calcium: 430mg (43%), Manganese: 0.69mg (34.71%), Folate: 134.4µg (33.6%), Phosphorus: 289.67mg (28.97%), Vitamin B2: 0.4mg (23.56%), Vitamin E: 3.19mg (21.25%), Magnesium: 80.65mg (20.16%), Selenium: 13.2µg (18.86%), Fiber: 3.99g (15.95%), Potassium: 525.32mg (15.01%), Vitamin B12: 0.8µg (13.37%), Vitamin B6: 0.26mg (13.18%), Vitamin B1: 0.19mg (12.49%), Iron: 2.22mg (12.34%), Vitamin C: 10.08mg (12.21%), Zinc: 1.68mg (11.21%), Copper: 0.17mg (8.49%), Vitamin B3: 1.2mg (5.99%), Vitamin B5: 0.47mg (4.66%), Vitamin D: 0.34µg (2.25%)