



HEALTH SCORE

35%

Vietnamese Pancakes with Vegetables, Herbs and a Fragrant Dipping Sauce (Bánh Xèo)



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

Ingredients

- 1.3 cups brown rice flour
- 0.5 tablespoon brown sugar
- 0.5 tablespoon brown sugar
- 1 large carrots grated scrubbed
- 1 pinch ground pepper
- 1.8 cups coconut milk
- 1 medium daikon radish grated scrubbed

- 1 eggs beaten
- 1 cup enoki mushrooms trimmed
- 0.7 cup basil fresh roughly chopped
- 0.7 cup basil fresh roughly chopped
- 1 inch ginger fresh grated
- 0.3 cup mint leaves fresh trimmed roughly chopped
- 1 cup parsley fresh roughly chopped
- 1 clove garlic crushed
- 1 to 2 chilies slit fresh green minced seeded
- 2 to 2 chilies slit fresh green seeded sliced into small strips
- 4 spring onion washed and cut on an angle
- 2 juice of lime
- 1 cup mung bean sprouts (see note below)
- 2 to 5 chilies fresh red minced seeded
- 1 tablespoon rice vinegar
- 0.5 teaspoon sea salt
- 1.5 tablespoons sesame oil toasted
- 6 servings sesame oil for frying
- 1.5 cups snow peas sliced into small strips
- 1 tablespoon tamari sauce
- 1 teaspoon turmeric

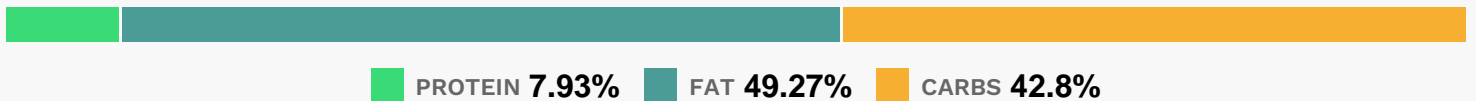
Equipment

- bowl
- frying pan
- ladle
- oven
- whisk

Directions

- Begin by preparing the pancake batter.
- Whisk together the rice flour, egg, sea salt, turmeric, cayenne and green chili. Gradually whisk in the coconut milk. The mixture should be a smooth, semi-thick batter that is of pouring consistency.
- Add a little water if necessary. Cover and set aside while you prepare the rest of the food. Now prepare the sauce.
- Whisk together all of the ingredients and set aside. For the filling, combine the carrot, radish, green onions, green chilies and snow peas.
- Put the herbs in another bowl and have your sprouts ready along with the mushrooms.
- Heat a teaspoon of oil over medium heat in a non-stick skillet. When hot, ladle 1/2 cup of batter into the pan and spread with the bottom of the ladle until you have a roughly 6 to 8 inch pancake. Fry for 6 to 8 minutes or until you have small holes forming and the bottom is crispy brown, then flip and fry for another few minutes on the other side.
- Transfer to a plate and keep warm in a 150 oven while you finish the rest of the pancakes you should finish with 4 to 6 pancakes. To serve, scatter a portion of the vegetables, herbs and mushrooms over one half of the pancake.
- Sprinkle some sauce over top and fold the pancake.
- Drizzle with more sauce and there you go.

Nutrition Facts



Properties

Glycemic Index:95.31, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:29.214782608696%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 21.65mg, Apigenin: 21.65mg, Apigenin: 21.65mg, Apigenin: 21.65mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Taste

Sweetness: 46.8%, Saltiness: 29.66%, Sourness: 6.95%, Bitterness: 15.04%, Savoriness: 18.74%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 394.11kcal (19.71%), Fat: 22.5g (34.61%), Saturated Fat: 13.87g (86.7%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 37.97g (13.81%), Sugar: 8.05g (8.95%), Cholesterol: 27.28mg (9.09%), Sodium: 490.75mg (21.34%), Protein: 8.15g (16.3%), Vitamin K: 219.4µg (208.95%), Manganese: 2.25mg (112.7%), Vitamin C: 74.68mg (90.52%), Vitamin A: 3752.2IU (75.04%), Iron: 5.46mg (30.34%), Magnesium: 110.7mg (27.68%), Phosphorus: 274.16mg (27.42%), Vitamin B6: 0.52mg (26.13%), Fiber: 6.01g (24.03%), Folate: 93.79µg (23.45%), Vitamin B3: 4.53mg (22.63%), Copper: 0.44mg (22.22%), Potassium: 725.2mg (20.72%), Vitamin B1: 0.3mg (20.07%), Vitamin B5: 1.4mg (14.03%), Zinc: 1.93mg (12.89%), Vitamin B2: 0.19mg (11.1%), Calcium: 93.11mg (9.31%), Vitamin E: 1.09mg (7.24%), Selenium: 3.49µg (4.98%), Vitamin B12: 0.07µg (1.09%), Vitamin D: 0.16µg (1.05%)