



Zucchini and Thai Basil Pancakes



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup thai basil cut into fine shreds, plus small basil sprigs
- ☐ 0.3 cup canola oil divided
- ☐ 1 large eggs
- ☐ 1 cup flour
- ☐ 2 spring onion sliced
- ☐ 1 tsp kosher salt
- ☐ 1 cup zucchini shredded dry drained

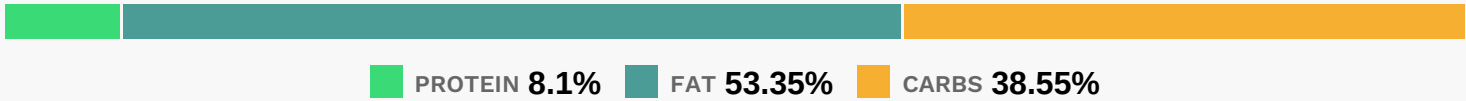
Equipment

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

Directions

- ☐ Preheat oven to 250 and set a baking sheet in it.
- ☐ Mix flour, baking soda, and 1 tsp. salt in a medium bowl.
- ☐ Add egg and 3/4 cup water and whisk until smooth. Stir in zucchini, onions, and basil shreds.
- ☐ Heat an 8-in. nonstick frying pan over medium-high heat, add 1 tbsp. oil, and swirl. Spoon in one-quarter of batter and quickly spread even. Cook until underside is deep brown, 2 minutes; flip.
- ☐ Add a little oil if pan looks dry; brown second side.
- ☐ Transfer to oven. Make more pancakes the same way.
- ☐ Quarter pancakes, garnish with basil sprigs, and add more salt if you like.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:9.1852173908897%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 262.92kcal (13.15%), Fat: 15.62g (24.02%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 25.38g (8.46%), Net Carbohydrates: 24.05g (8.74%), Sugar: 1.05g (1.17%), Cholesterol: 46.5mg (15.5%), Sodium: 740.04mg (32.18%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Vitamin K: 30.09µg (28.66%), Selenium: 14.54µg (20.77%), Folate: 75.36µg (18.84%), Vitamin E: 2.68mg (17.88%), Vitamin B1: 0.27mg (17.87%), Manganese: 0.3mg (14.99%), Vitamin B2: 0.25mg (14.5%), Iron: 1.92mg (10.69%), Vitamin B3: 2.04mg (10.2%), Vitamin C: 6.95mg (8.42%), Phosphorus: 73.34mg (7.33%), Vitamin A: 268.45IU (5.37%), Fiber: 1.33g (5.34%), Vitamin B6: 0.09mg (4.58%), Potassium: 152.7mg (4.36%), Copper: 0.08mg (4.08%), Magnesium: 16.13mg (4.03%), Vitamin B5: 0.4mg (3.99%), Zinc: 0.52mg (3.44%), Calcium: 23.98mg (2.4%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)