



Zucchini Angel Hair Pancake

READY IN



35 min.

SERVINGS



4

CALORIES



393 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 ounce angel hair pasta
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat

- ☐ 0.5 cup lower-sodium marinara sauce
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1 teaspoon salt divided
- ☐ 2 tablespoons shallots minced
- ☐ 3 cups zucchini shredded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ measuring cup
- ☐ colander

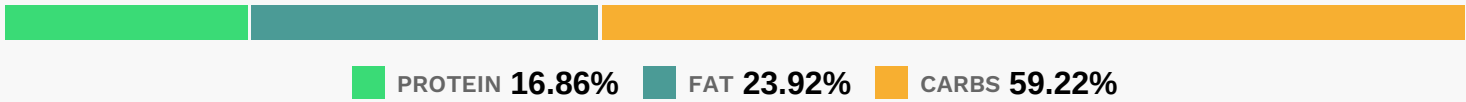
Directions

- ☐ Place zucchini in a colander, and sprinkle with 1/2 teaspoon salt. Toss well.
- ☐ Drain for 20 minutes, tossing occasionally. Press zucchini between paper towels until barely moist.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Bring marinara to a simmer in a small saucepan; keep warm.
- ☐ Weigh or lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine remaining 1/2 teaspoon salt, flour, and the next 9 ingredients in a large bowl.
- ☐ Add zucchini and pasta to bowl; toss well.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add zucchini mixture to pan, pressing down. Cook for 5 minutes or until bottom is lightly browned. Carefully turn pancake over; cook 5 minutes or until bottom is lightly browned.
- ☐ Cut into 8 wedges.

☐

Serve with marinara.

Nutrition Facts



Properties

Glycemic Index:128.25, Glycemic Load:24.09, Inflammation Score:-8, Nutrition Score:18.087391127711%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 393.17kcal (19.66%), Fat: 10.47g (16.1%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 58.32g (19.44%), Net Carbohydrates: 54.37g (19.77%), Sugar: 5.58g (6.19%), Cholesterol: 112.05mg (37.35%), Sodium: 978.96mg (42.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.21%), Selenium: 49.84µg (71.2%), Manganese: 0.89mg (44.4%), Phosphorus: 291.67mg (29.17%), Vitamin C: 19.7mg (23.88%), Vitamin B2: 0.36mg (21.18%), Calcium: 201.34mg (20.13%), Folate: 72.09µg (18.02%), Vitamin B6: 0.35mg (17.64%), Potassium: 584.79mg (16.71%), Magnesium: 65.27mg (16.32%), Fiber: 3.95g (15.78%), Iron: 2.73mg (15.14%), Copper: 0.3mg (15.11%), Vitamin A: 695.81IU (13.92%), Vitamin B1: 0.21mg (13.9%), Zinc: 1.9mg (12.7%), Vitamin B3: 2.4mg (12%), Vitamin K: 11.13µg (10.6%), Vitamin B5: 1.02mg (10.22%), Vitamin E: 1.14mg (7.59%), Vitamin B12: 0.39µg (6.57%), Vitamin D: 0.57µg (3.83%)