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Savory Broccoli Pancakes ♦♦

Savory broccoli pancakes are a delicious and healthy alternative to traditional pancakes. Made with fresh broccoli, these pancakes are packed with nutrients and flavor. They can be enjoyed for breakfast, brunch, or as a light lunch or dinner. The pancakes are crispy on the outside and soft on the inside, with a subtle broccoli taste that pairs well with a variety of toppings.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	broccoli
100 g	flour
2 units	eggs
150 ml	milk

1 tsp	salt
0.5 tsp	pepper
2 tbsp	olive oil

Directions

Step 1

Steaming

Steam the broccoli until tender.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cutting

Drain the broccoli and let it cool. Once cooled, chop it into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, whisk together the flour, eggs, milk, salt, and pepper until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the chopped broccoli to the batter and mix until well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Frying

Heat olive oil in a non-stick skillet over medium heat. Spoon about 1/4 cup of batter onto the skillet and spread it into a pancake shape. Cook for 2-3 minutes on each side, or until golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Frying

Repeat with the remaining batter, adding more oil to the skillet as needed.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Serving

Serve the broccoli pancakes hot with your favorite toppings, such as sour cream, salsa, or avocado.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas Picnic

Course

Salads Snacks

Cultural

Chinese New Year

Cost

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Paleo Diet

Vegetarian Diet

Pescatarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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