

Snapped Up: Okonomiyaki

(Japanese Savory Cabbage Pancakes)



Lunch or Dinner

It's hard to take a good picture of a veggie pancake, but at \$.62 a serving it's worth adding to your go-to weekly meals.

In this version, we didn't have any eggs handy, so we used flax "eggs" which act as a binder just like eggs with the additional benefit of adding Omega 3 to your diet.

This comes together very quickly. In less than 15 minutes you can be enjoying a delicious meal.



*Good for one.
Great for many.*

INGREDIENTS

PANCAKES

4 cups of thinly sliced **Cabbage**

1 thinly peeled **Carrot**

3 thin sliced **Green Onions**

(This recipe is very forgiving, use *any* thin sliced veggies along with the cabbage. Leeks and zucchini are also a good combo.)

$\frac{3}{4}$ cup of **Flour**

$\frac{1}{2}$ cup **Water**

2 eggs or 2 flax "eggs" (2 Tablespoons of powered flax with $\frac{1}{4}$ cup water)

1 Tablespoon of **Roasted Sesame Seed Oil**

1-1/2 Tablespoon **Soy Sauce**

TOPPING

$\frac{1}{4}$ cup **Mayonnaise**

2 Tablespoons **hot sauce to taste**

(More) chopped up **Green Onions**

TOOLS USED:

Frying Pan (non-stick preferred)

Tongs

DIRECTIONS:

1. Using a mandolin or knife, fine slice **cabbage**, **green onions**, and do the same with the **carrots** or using a peeler to make thin slices. You want them thin so they will cook fast.
2. Mix together Flour, "**Eggs**", **Sesame Oil**, **Soy Sauce**, and **water** until it has a pancake batter consistency.
3. Combine the veggies with the batter.
4. With tongs, lift a cup amount of veggies and form into a 6 inch by $\frac{1}{2}$ inch high pancake. Fry for 2-3 minutes until it starts to brown on one side. Flip. Brown the other side. You may need to use a bit of oil if not using a non-stick pan.

TIP: It's best when fried enough to make the pancake a little crunchy.

1. Keep warm in the oven while cooking more.
2. While pancakes are frying, mix Mayonnaise with Hot Sauce to taste.

SERVE:

Enjoy as is with sauce and fresh green onion slices on top, or on top of a toasted piece of Naan bread.

1 Serving of Okonomiyaki

General			
Energy	191.8 kcal	<div></div>	26%
Alcohol	0.0 g	No Target	
Caffeine	0.0 mg	No Target	
Water	150.8 g	<div></div>	6%

Carbohydrates			
Carbs	32.6 g	<div></div>	40%
Fiber	5.2 g	<div></div>	25%
Starch	19.6 g	No Target	
Sugars	7.2 g	No Target	
Sugar Alcohol	0.1 g	No Target	
Net Carbs	27.2 g	<div></div>	45%

Lipids			
Fat	5.3 g	<div></div>	19%
Monounsaturated	1.1 g	No Target	
Polyunsaturated	3.0 g	No Target	
Omega-3	1.0 g	<div></div>	51%
Omega-6	2.0 g	<div></div>	18%
Saturated	0.7 g	n/a	
Trans-Fats	0.0 g	0.012 g	
Cholesterol	2.8 mg	No Target	
Phytosterol	0.0 mg	No Target	

Protein			
Protein	5.1 g	<div></div>	8%
Cystine	0.1 g	<div></div>	17%
Histidine	0.1 g	<div></div>	12%
Isoleucine	0.2 g	<div></div>	14%
Leucine	0.3 g	<div></div>	11%
Lysine	0.2 g	<div></div>	7%
Methionine	0.1 g	<div></div>	12%
Phenylalanine	0.2 g	<div></div>	20%
Threonine	0.2 g	<div></div>	15%
Tryptophan	0.1 g	<div></div>	17%
Tyrosine	0.1 g	<div></div>	12%
Valine	0.2 g	<div></div>	13%

Vitamins			
B1 (Thiamine)	0.2 mg	<div></div>	16%
B2 (Riboflavin)	0.1 mg	<div></div>	8%
B3 (Niacin)	1.1 mg	<div></div>	8%
B5 (Pantothenic Acid)	0.5 mg	<div></div>	10%
B6 (Pyridoxine)	0.2 mg	<div></div>	14%
B12 (Cobalamin)	0.0 µg	0%	
Biotin	0.0 µg	0%	
Folate	61.8 µg	<div></div>	15%
Vitamin A	7522.2 IU	322%	
Vitamin C	38.1 mg	<div></div>	51%
Vitamin D	0.0 IU	0%	
Vitamin E	0.8 mg	<div></div>	5%
Beta Tocopherol	0.2 mg	No Target	
Delta Tocopherol	0.7 mg	No Target	
Gamma Tocopherol	2.5 mg	No Target	
Vitamin K	114.9 µg	128%	

Minerals			
Calcium	74.3 mg	<div></div>	9%
Copper	0.1 mg	<div></div>	14%
Fluoride	0.0 µg	0%	
Iodine	0.0 µg	0%	
Iron	1.2 mg	<div></div>	15%
Magnesium	38.7 mg	<div></div>	12%
Manganese	0.5 mg	<div></div>	27%
Molybdenum	0.0 µg	0%	
Phosphorus	94.1 mg	<div></div>	13%
Potassium	374.0 mg	<div></div>	8%
Selenium	9.8 µg	<div></div>	18%
Sodium	145.8 mg	<div></div>	11%
Zinc	0.6 mg	<div></div>	8%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.