

SAVORY, SHREDDED KOHLRABI AND CHILLI-SPREAD PANCAKES



By Food lovers recipes

SAVORY, SHREDDED KOHLRABI AND CHILLI-SPREAD PANCAKES

Savory, shredded kohlrabi and chilli-spread pancakes, served with poached eggs and fresh avocado

Pancakes

Shred 170 g of kohlrabi root bulb : 45.9 calories (for 2 ppl)
22.95 calories per person

1 cup of all-purpose flour : 455 calories (227.5 calories per person)

Maldon salt to taste : 0 calories

1 tbsp chili spread : 75 calories (37.5 calories per person)

1 tsp garlic powder : 10 calories (5 calories per person)

Mix flour, shredded kohlrabi root, salt, and chili spread with 2.5 cups of water. Beat by hand until it forms a smooth consistency. Heat pan on medium-high and spray with cooking spray (4 calories). Cook through on lower heat until golden brown and flip over. Same with other side . Cut into 4 quarters.

Poached eggs: put 3 eggs per person into pan with heated water and 1 tbsp vinegar (0 calories)

Poach till medium-soft.

Drain on paper towel when done. Add maldon salt to taste (0 calories).

Per egg : 78 calories

I topped mine with pepper as well. 0 calories

Per person : 234 calories

One fresh avocado per person, halved : 117.5 g

Calories per person : 216

Calories per person for meal : 742.95

Recipe posted by Annie Goussard Newton

Photo: Annie Goussard Newton