DietCloud – Recipe

Recipe Name: SPROUTS PANCAKE
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

"Sprouts pancake" typically refers to savory, healthy pancakes (often an Indian dish called chilla or a Korean dish called bindaetteok) made from a batter of ground sprouts and mixed with vegetables and spices. They are high in protein and fiber and a popular healthy breakfast option.

Recipes & Preparations
Sprouts pancakes are easy to prepare and highly customizable. The base involves blending moong bean or mixed sprouts into a paste, then mixing with other ingredients to form a batter.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	15	30	10	5	2