

# Carrot Veggie Pancakes

Parade Magazine - September 2013

## Yield: 5 to 6 pancakes

1 large carrot, peeled and grated  
3 tablespoons flour  
1/4 cup Parmesan cheese, grated  
1 tablespoon Vidalia onion, grated  
1 pinch Kosher salt  
1 tablespoon olive oil  
1 large egg, beaten  
**LEMON-MINT DIPPING SAUCE**  
1/3 cup 2% Greek yogurt  
juice of one-half lemon  
1 teaspoon fresh mint, finely chopped  
1 pinch Kosher salt

Make the Lemon-Mint Dipping Sauce: In a bowl, whisk the Greek yogurt, lemon juice, mint and salt. Set aside.

In a medium bowl, stir the carrot with the flour, Parmesan, onion and salt.

Warm the olive oil in a large cast-iron or nonstick skillet over medium-high heat. When the oil is hot, stir the egg into the carrot mixture. Drop heaping spoonfuls of batter into the pan. Flatten slightly with the back of a spoon and cook until golden, about 2 minutes per side.

Serve with the Lemon-Mint Dipping Sauce.

---

Per Serving (excluding unknown items): 405 Calories; 25g Fat (55.3% calories from fat); 18g Protein; 27g Carbohydrate; 3g Dietary Fiber; 228mg Cholesterol; 704mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	405	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	55.3%	<b>Vitamin B12 (mcg):</b>	.9mcg
<b>% Calories from Carbohydrates:</b>	27.0%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	17.7%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	25g	<b>Folacin (mcg):</b>	46mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	14g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	228mg	<b>% Refused:</b>	0 0%
<b>Carbohydrate (g):</b>	27g		

### Food Exchanges

**Dietary Fiber (g):** 3g  
**Protein (g):** 18g  
**Sodium (mg):** 704mg  
**Potassium (mg):** 370mg  
**Calcium (mg):** 330mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 20714IU  
**Vitamin A (r.e.):** 2144 1/2RE

**Grain (Starch):** 1  
**Lean Meat:** 2  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3 1/2  
**Other Carbohydrates:** 0

---

## Nutrition Facts

---

### Amount Per Serving

**Calories** 405 Calories from Fat: 224

---

### % Daily Values\*

<b>Total Fat</b>	25g		38%
Saturated Fat	7g		36%
<b>Cholesterol</b>	228mg		76%
<b>Sodium</b>	704mg		29%
<b>Total Carbohydrates</b>	27g		9%
Dietary Fiber	3g		13%
<b>Protein</b>	18g		
<hr/>			
<b>Vitamin A</b>			414%
<b>Vitamin C</b>			13%
<b>Calcium</b>			33%
<b>Iron</b>			16%

*\* Percent Daily Values are based on a 2000 calorie diet.*