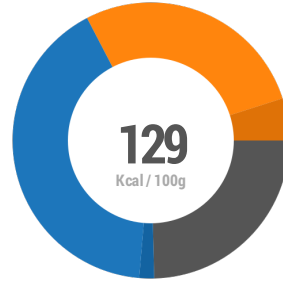
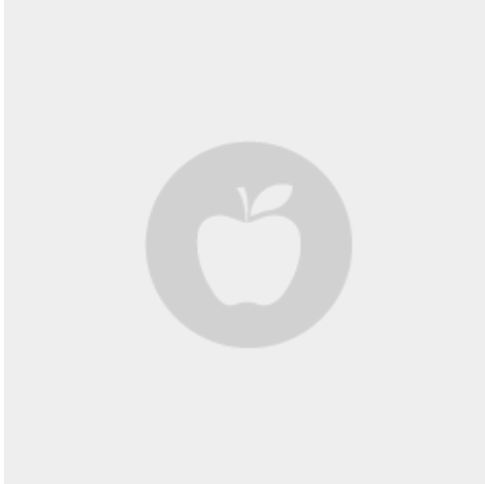


Socca pancakes

By Abi Barclay-Watt from Oxford Brookes University

Overview ...



CALORIES:
42.8% Carbs
24.6% Protein
32.6% Fat

Food Labelling...

Database values, converted to labelling standards

Label values per 100g

Serves :

	PER 100G	
Energy kcal	134 kcal	7%
Energy kJ	559 kJ	7%
Fat	4.7 g	7%
<i>of which saturates</i>	0.7 g	4%
Carbohydrate	13.5 g	5%
<i>of which sugars</i>	0.6 g	1%
Fibre	2.6 g	11%
Protein	8 g	16%
Salt	0.1 g	1%

CONTAINS:



EGGS

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 6% RI	Saturated fat 4% RI	Vitamin A (ret eq) 3% RI
Energy(KJ) 6% RI	Monounsaturated fat 6% RI	Retinol
129kcal	<i>cis-Mono</i>	Carotene
545kJ	Polyunsaturated fat 9% RI	Vitamin D 11% RI
Macronutrients	<i>Omega3(n-3)</i> 10% RI	Vitamin E 11% RI
Carbohydrate 6% RI	<i>Omega6(n-6)</i> 9% RI	Vitamin K ₁ 6% RI
Protein 16% RI	<i>cis-Poly</i>	Thiamin (B ₁) 12% RI
Fat 7% RI	Trans-fatty acids	Riboflavin (B ₂) 9% RI
Water	Cholesterol	Niacin total (B ₃) 14% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 1% RI	Tryptophan
Carbohydrate	Potassium 5% RI	Pantothenic Acid (B ₅) 9% RI
Starch	Chloride 6% RI	Vitamin B ₆ 10% RI
Oligosaccharide	Calcium 3% RI	Folic Acid (B ₉) 29% RI
Fibre 11% RI	Phosphorus 12% RI	Vitamin B ₁₂ 18% RI
NSP	Magnesium 5% RI	Biotin (B ₇) 11% RI
Sugars 1% RI	Iron 8% RI	Vitamin C 0% RI
Free Sugars	Zinc 6% RI	Other
Glucose	Copper 9% RI	GI (estimated)
Galactose	Manganese 22% RI	GL
Fructose	Selenium 9% RI	
Sucrose	Iodine 6% RI	
Maltose		

Recipe Ingredients ...	g	Description:
Water, tap, drinking	400	4 cups
Flour, gram / chickpea	184	2 cups
Eggs, chicken, whole, raw	122	2 large eggs
Oil, rapeseed	12.6	12.6g
Turmeric, ground	2.2	1 tsp
Portion Sizes ...	g	Kcal:
	200	258
Cooking Instructions & Notes ...		

Makes enough for 4 people at just 258 kcal/ serving, with good levels of protein and omega 3 oil as well as chickpeas being a prebiotic.

Put the flour and turmeric or other spices into a bowl and whisk in the water and oil gradually. When you have a batter whisk in the eggs. This can be left for a day in the fridge before use.

Heat a little rapeseed oil in a pan and add a good ladle of batter. They take 6-7 mins to cook on just a moderate heat.

Serve with your favourite roasted vegetables some crumbled feta or seeds, or even just some chopped red onion, parsley and olives, whatever you want really.

Children may prefer them without the turmeric, mine like a bit of harissa paste added.