




AVEIOCA

Healthy Pancake made with oats

 5 minutes
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 1 portion

INGREDIENTS

- 2 medium units of egg, whole, raw, fresh [88 g]
- 1tbsp of oat bran, raw [15 g]
- 1 dash of salt, table [0 g]
- spices [optional]

COOKING METHOD

- 1° Mix all ingredients and fry in a non-stick pan with the top over low heat.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (104 g)	% DRI
ENERGY	157 kcal	163 kcal	8 %
PROTEIN	13 g	14 g	27 %
CARBOHYDRATE	10 g	11 g	4 %
SUGARS	1 g	1 g	1 %
FAT	9 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	3 g	3 g	15 %
FIBER	2 g	2 g	9 %
SODIUM	420 mg	436 mg	18 %