



Low Carb Broccoli Pancakes with Yogurt - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|------------|--------------|
| <input type="checkbox"/> | Frozen Broccoli <i>(1 g)</i> | 150 | Gram | 1 g |
| <input type="checkbox"/> | Whole Chicken Eggs (M) <i>(51 g)</i> | 2 | Piece | 51 g |
| <input type="checkbox"/> | Shallot (Spring Onion) <i>(20 g)</i> | 1 | Piece | 20 g |
| <input type="checkbox"/> | Greek Natural Yogurt <i>(1 g)</i> | 100 | Gram | 1 g |
| <input type="checkbox"/> | Olive Oil <i>(10 g)</i> | 2 | Tablespoon | 10 g |
| <input type="checkbox"/> | White Salt <i>(0.1 g)</i> | 2 | Pinch | 0.1 g |
| <input type="checkbox"/> | Black Pepper <i>(0.1 g)</i> | 2 | Pinch | 0.1 g |
| <input type="checkbox"/> | Ground Sweet Paprika <i>(3 g)</i> | 1 | Teaspoon | 3 g |
| <input type="checkbox"/> | Nutmeg <i>(0.2 g)</i> | 1 | Pinch | 0.2 g |