

Okonomiyaki (Japanese Savoury Pancake)

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-savoury-pancake-recipe>

Ingredients:

- 1 5/8 cups all purpose flour
- 1 3/16 cups water
- 1/2 teaspoon baking powder
- salt
- pepper
- 7 ounces crab sticks sliced
- 5 3/4 cups cabbage chopped
- 2 stalks spring onion . sliced
- 1 3/4 ounces shrimp dried small
- 4 eggs
- 1 carrot medium size, shredded
- sauce okonomiyaki
- mayonnaise
- bonito flakes
- spring onion sliced

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 270 milligrams
4. Fat: 9 grams
5. Fiber: 6 grams
6. Protein: 25 grams
7. SaturatedFat: 2 grams
8. Sodium: 690 milligrams
9. Sugar: 4 grams

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