

Japanese Soufflé Pancakes

Yield: 3 min
Total Time: 33 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-soufflee-pancakes-recipe>

Ingredients:

- 2 egg yolks and 4 egg whites, 4 large eggs total, cold straight out of the fridge
- 1/4 cup all purpose flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/16 teaspoon kosher salt
- 2 tablespoons whole milk
- 1 tablespoon avocado oil plus more for the skillet
- 1 teaspoon cream of tartar
- 1/4 cup sugar

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 140 milligrams
4. Fat: 8 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 240 milligrams
8. Sugar: 17 grams

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