

Japanese Sweet Potato Okonomiyaki

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-japanese-sweet-potato-recipe>

Ingredients:

- 1 cup plain flour
- 1/2 teaspoon baking powder
- 3/4 cup vegetable stock
- 3 eggs
- 1 tablespoon soy sauce
- 3 cups chinese cabbage shredded, also called wombok or Napa cabbage
- 100 grams sweet potato peeled, coarsely grated
- 1/4 cup spring onions finely sliced, scallions, plus extra to sprinkle
- 1/2 cup vegetable oil
- tonkatsu sauce Japanese, * to serve
- Kewpie Mayonnaise Japanese, * to serve
- nori flakes or nori furikake* to serve

Nutrition:

1. Calories: 1180 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 425 milligrams
4. Fat: 83 grams
5. Fiber: 6 grams
6. Protein: 26 grams
7. SaturatedFat: 8 grams
8. Sodium: 1520 milligrams
9. Sugar: 7 grams
10. TransFat: 2 grams

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