

Syrnychky

UKRAINIAN DISH

YIELD: 9

SERVING SIZE: 3

Ingredients

- 400g farmer's cheese (\$3.79)
- 1 egg (\$0.11)
- 1 T granulated sugar (\$0.01)
- 1 t vanilla extract (\$0.20)
- 50g soft red winter wheat flour (\$0.70)
- 1 T coconut oil (\$0.02)
- Total cost: \$4.83 (\$1.61 per serving)

Instructions

1. Measure 400g of farmer's cheese and mix in 1 egg, 1 T granulated sugar, 1 t vanilla extract, and 50g of soft red winter wheat flour.
2. Once mixed, roll the dough-like mixture into balls, weighing 50g, and flatten to get the desired shape. Each syrnychok should have a diameter of 2 in.
3. Add 1 T of coconut oil to a non-stick pan at low heat.
4. Add the syrnychky to the pan, cover with lid, and cook each side for 5 minutes on low heat.
5. Once browned on both sides take off the heat and serve warm with desired toppings.

Description

Syrnychky are a traditional Ukrainian food enjoyed by many for breakfast, which can be described as mini cheese pancakes. This dish is packed with protein, healthy calories, and is perfect for pairing with various toppings, such as nuts and fruits, to add more health benefits. Soft red winter wheat flour replaces regular flour in this recipe, which additionally adds more fiber, great for digestion. This recipe calls for a few ingredients, all rich in protein, making this portion healthy and under budget.



Nutrition Facts

Servings: 3

Amount per serving

Calories **255**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 8.9g **44%**

Cholesterol 81mg **27%**

Sodium 66mg **3%**

Total Carbohydrate 34.5g **13%**

Dietary Fiber 2g **7%**

Total Sugars 9.2g

Protein 17.4g

Vitamin D 5mcg **26%**

Calcium 103mg **8%**

Iron 1mg **5%**

Potassium 94mg **2%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**