



5 Spot Banana Pancakes

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 2 bananas ripe peeled thinly sliced ()
- 3 tablespoons butter melted
- 1.5 cups buttermilk
- 1 large eggs
- 0.8 cup flour all-purpose
- 0.3 teaspoon salt
- 1.5 teaspoons sugar

6 tablespoons flour whole-wheat

Equipment

bowl

frying pan

baking sheet

ladle

oven

whisk

spatula

Directions

In a bowl, mix all-purpose flour, whole-wheat flour, baking powder, baking soda, sugar, and salt.

In another bowl, whisk to blend eggs, buttermilk, and 3 tablespoons butter.

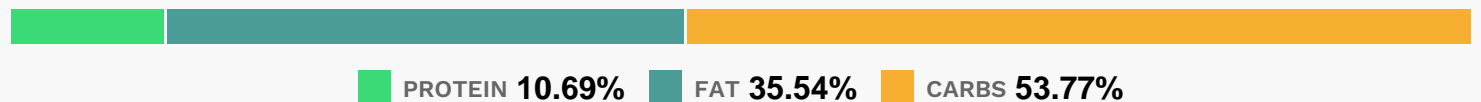
Add to dry ingredients and stir just until batter is evenly moistened.

Ladle batter, 1/4 cup at a time, onto a lightly buttered medium-hot (35

griddle or lightly buttered 10- to 12-inch nonstick frying pan (or use 2 pans at the same time) over medium heat. Scatter 3 to 5 banana slices onto each pancake and cook until edges of the cake look dry, 3 to 4 minutes. Turn with a wide spatula and cook until browned on the bottom, 3 or 4 minutes longer.

Serve pancakes immediately, or place in a single layer on baking sheets and keep warm in a 200 regular or convection oven until all are cooked.

Nutrition Facts



Properties

Glycemic Index:53.81, Glycemic Load:14.8, Inflammation Score:-5, Nutrition Score:9.0665216264517%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 219.42kcal (10.97%), Fat: 8.87g (13.65%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 28.01g (10.19%), Sugar: 8.83g (9.81%), Cholesterol: 37.6mg (12.53%), Sodium: 463.73mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.01%), Manganese: 0.5mg (25.13%), Selenium: 14.8µg (21.15%), Vitamin B2: 0.26mg (15.38%), Phosphorus: 137.89mg (13.79%), Vitamin B1: 0.2mg (13.48%), Calcium: 131.49mg (13.15%), Folate: 46.53µg (11.63%), Vitamin B6: 0.22mg (10.81%), Fiber: 2.2g (8.78%), Vitamin A: 420.19IU (8.4%), Potassium: 278.59mg (7.96%), Vitamin B3: 1.59mg (7.96%), Magnesium: 31.08mg (7.77%), Iron: 1.34mg (7.42%), Vitamin D: 0.95µg (6.31%), Vitamin B5: 0.6mg (6.04%), Vitamin B12: 0.36µg (5.95%), Copper: 0.1mg (5.16%), Zinc: 0.69mg (4.58%), Vitamin C: 3.44mg (4.16%), Vitamin E: 0.44mg (2.97%)