



Awesome Banana Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



108 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup bananas mashed
- 2 cups buttermilk
- 2 eggs
- 1 cup flour all-purpose
- 0.5 teaspoon salt

Equipment

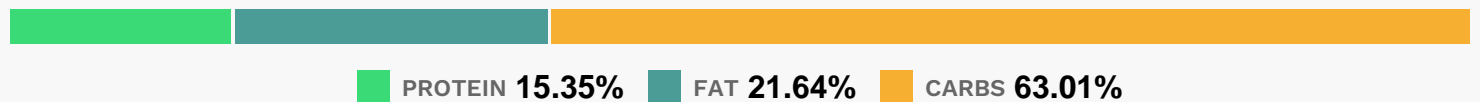
- bowl

- frying pan
- whisk
- spatula

Directions

- Whisk together the buttermilk and eggs in a bowl until evenly blended; set aside. Stir together the flour, baking powder, and salt in a separate large bowl. Make a well in the center of the dry ingredients and stir in the buttermilk mixture and mashed bananas, being careful not to over mix the batter (the batter will be lumpy).
- Let the batter sit for at least 1 minute before using.
- Heat a large skillet over medium-high heat, and coat with cooking spray.
- Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

Nutrition Facts



Properties

Glycemic Index:25.28, Glycemic Load:10.22, Inflammation Score:-2, Nutrition Score:5.2647825764573%

Flavonoids

Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 108.08kcal (5.4%), Fat: 2.62g (4.03%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 16.26g (5.91%), Sugar: 5.15g (5.73%), Cholesterol: 38.02mg (12.67%), Sodium: 222.04mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Selenium: 8.94µg (12.77%), Vitamin B2: 0.2mg (11.82%), Vitamin B1: 0.13mg (8.75%), Calcium: 86.7mg (8.67%), Phosphorus: 85.44mg (8.54%), Folate: 33.91µg (8.48%), Manganese: 0.15mg (7.54%), Vitamin B6: 0.12mg (6.02%), Vitamin D: 0.8µg (5.33%), Vitamin B12: 0.3µg (4.99%), Potassium: 170.97mg (4.88%), Iron: 0.85mg (4.73%), Vitamin B3: 0.94mg (4.69%), Vitamin B5: 0.45mg (4.47%), Magnesium: 14.79mg (3.7%), Fiber: 0.92g (3.69%), Vitamin A: 141.12IU (2.82%), Zinc: 0.42mg (2.78%), Copper: 0.05mg (2.7%), Vitamin C: 1.96mg (2.37%), Vitamin E: 0.16mg (1.04%)