



Awesome Banana Split Pancakes

 Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups milk
- ☐ 0.3 cup chocolate syrup
- ☐ 1 eggs
- ☐ 2 medium banana sliced
- ☐ 2 cups strawberries sliced
- ☐ 1 serving maraschino cherries chopped
- ☐ 2 cups frangelico

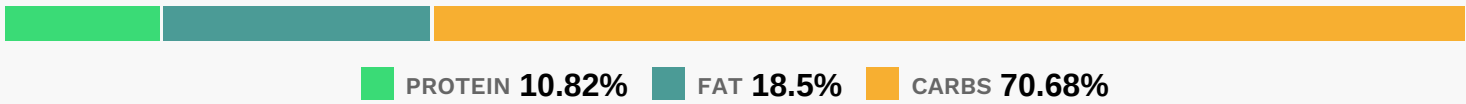
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, stir Bisquick mix, milk, 1/4 cup chocolate-flavor syrup and the egg with wire whisk or fork until blended (batter may be thin).
- ☐ Brush griddle or skillet with vegetable oil or spray with cooking spray; heat griddle to 375°F or heat skillet over medium heat.
- ☐ For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook until edges are dry. Turn; cook other side until golden brown.
- ☐ Serve with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:7.61, Inflammation Score:-4, Nutrition Score:9.022608746653%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.67mg, Catechin: 4.67mg, Catechin: 4.67mg, Catechin: 4.67mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 153.12kcal (7.66%), Fat: 3.29g (5.06%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 25.48g (9.27%), Sugar: 19.38g (21.53%), Cholesterol: 40.06mg (13.35%), Sodium: 47.56mg (2.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.65%), Vitamin C: 38.01mg (46.07%), Manganese: 0.41mg (20.61%), Vitamin B6: 0.25mg (12.67%), Phosphorus: 122.62mg (12.26%), Potassium: 394.56mg (11.27%), Fiber: 2.8g (11.2%), Vitamin B2: 0.18mg (10.53%), Magnesium: 38.4mg (9.6%), Calcium: 94.17mg (9.42%), Copper: 0.15mg (7.48%), Folate: 27.7µg (6.93%), Selenium: 4.78µg (6.82%), Vitamin B12: 0.41µg (6.8%), Vitamin B5: 0.59mg (5.95%), Vitamin D: 0.85µg (5.65%), Iron: 0.83mg (4.63%), Vitamin B1: 0.07mg (4.5%), Zinc: 0.63mg (4.18%), Vitamin A: 183.91IU (3.68%), Vitamin B3: 0.66mg (3.28%), Vitamin E: 0.34mg (2.27%), Vitamin K: 1.8µg (1.72%)