



Banana and Peanut Butter Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 teaspoons double-acting baking powder
- 1 small banana peeled chopped
- 1 teaspoon brown sugar
- 0.3 cup creamy peanut butter
- 1 cup flour all-purpose
- 1.5 cups milk
- 0.3 teaspoon salt
- 0.3 teaspoon vanilla extract

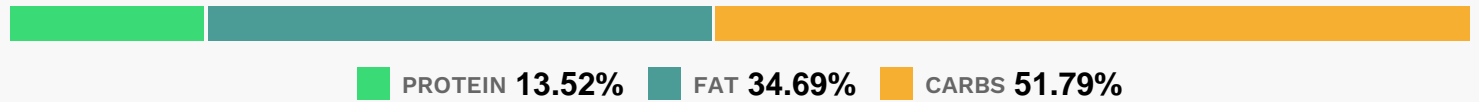
Equipment

- bowl
- frying pan

Directions

- Combine flour, baking powder, brown sugar, and salt in a large bowl.
- Mix in the peanut butter until the texture resembles cornmeal.
- Add milk and vanilla; stir just until blended. Stir in the banana pieces.
- Heat a large skillet over medium heat, and coat with cooking spray. Spoon batter onto the skillet, using approximately 2 tablespoons to form each silver dollar pancake. Cook until pancakes are golden brown on both sides; serve hot.

Nutrition Facts



Properties

Glycemic Index:68.44, Glycemic Load:22.38, Inflammation Score:-5, Nutrition Score:11.986521772716%

Flavonoids

Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 292.57kcal (14.63%), Fat: 11.56g (17.78%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 36.55g (13.29%), Sugar: 10.26g (11.4%), Cholesterol: 10.98mg (3.66%), Sodium: 382.97mg (16.65%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 10.13g (20.27%), Manganese: 0.52mg (26.15%), Vitamin B1: 0.33mg (21.78%), Phosphorus: 213.83mg (21.38%), Vitamin B3: 4.26mg (21.28%), Calcium: 200.79mg (20.08%), Vitamin B2: 0.33mg (19.42%), Folate: 76.11µg (19.03%), Selenium: 13.26µg (18.94%), Magnesium: 52.38mg (13.1%), Vitamin B6: 0.23mg (11.72%), Iron: 1.94mg (10.78%), Vitamin E: 1.56mg (10.39%), Potassium: 354.01mg (10.11%), Fiber: 2.28g (9.11%), Vitamin B12: 0.49µg (8.23%), Vitamin B5: 0.73mg (7.35%), Zinc: 1.04mg (6.95%), Vitamin D: 1.01µg (6.71%), Copper: 0.13mg (6.71%), Vitamin A: 164.39IU (3.29%), Vitamin C: 2.2mg (2.66%)