



Banana Blueberry Pancakes

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 eggs whole (or 8 egg yolks if you have a Hystamine or egg white intolerance)
- 0.5 cup water
- 0.3 cup coconut oil (melt solid coconut oil in small sauce pan if needed)
- 0.3 cup coconut flour sifted
- 1 teaspoon cream of tartar
- 0.5 teaspoon ground cinnamon
- 4 bananas mashed (or 3 plantains)
- 1 cup blueberries frozen organic

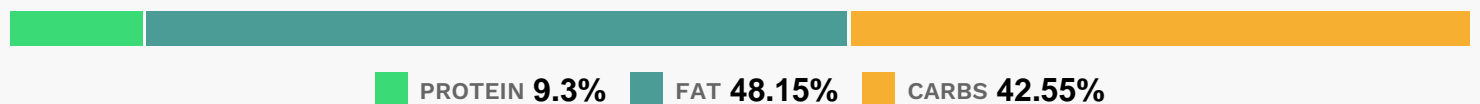
Equipment

- frying pan
- ladle
- whisk
- spatula

Directions

- Beat eggs for 1 minute.
- Add water, oil and flour.
- Whisk together until combined. Allow to sit for 5 minutes so coconut flour can absorb and expand.
- Add baking powder, cinnamon and mashed bananas.
- Whisk. Gently fold in blueberries with spatula.
- Heat oil, butter or a combo of both in skillet. Ladle 1/2 cup batter for each pancake, onto skillet. Cook 5 minutes on one side, over medium to low heat. Flip over to cook other side. Repeat steps until 8 pancakes are achieved.
- Drizzle with maple syrup.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:7.44, Inflammation Score:-2, Nutrition Score:5.7973913043478%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Luteolin: 0.04mg, Luteolin:

0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 33.82%, Sourness: 36.14%, Bitterness: 31.28%, Savoriness: 26.42%, Fattiness: 87.49%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 173.69kcal (8.68%), Fat: 9.81g (15.09%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 15.69g (5.71%), Sugar: 9.47g (10.53%), Cholesterol: 81.84mg (27.28%), Sodium: 43.51mg (1.89%), Protein: 4.26g (8.52%), Fiber: 3.81g (15.22%), Vitamin B6: 0.26mg (13.19%), Manganese: 0.25mg (12.51%), Selenium: 7.37µg (10.52%), Potassium: 318.24mg (9.09%), Vitamin B2: 0.15mg (8.9%), Vitamin C: 6.93mg (8.4%), Phosphorus: 58.86mg (5.89%), Folate: 23.26µg (5.81%), Vitamin B5: 0.56mg (5.58%), Magnesium: 19.91mg (4.98%), Iron: 0.75mg (4.15%), Vitamin K: 4.01µg (3.82%), Copper: 0.08mg (3.8%), Vitamin A: 166.92IU (3.34%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Zinc: 0.41mg (2.72%), Vitamin E: 0.41mg (2.71%), Vitamin B3: 0.49mg (2.44%), Vitamin B1: 0.03mg (2.26%), Calcium: 18.17mg (1.82%)