



Banana Bread Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



63 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 large fully bananas divided ripe
- 2 tsp calumet baking powder
- 0.3 cup knudsen cream light sour
- 1 egg plus egg white whole
- 1.5 cups milk fat-free
- 0.8 cup quick-cooking oats
- 1 Tbsp sugar
- 0.3 cup planters walnuts finely chopped

0.8 cup flour whole wheat white

Equipment

bowl

frying pan

ladle

whisk

Directions

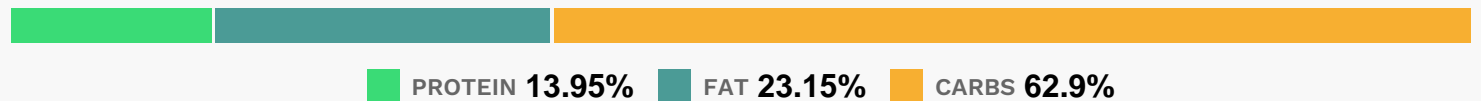
Mix first 4 ingredients until blended.

Mash 1 banana in large bowl; whisk in egg, egg white, milk and sour cream.

Add dry ingredients and nuts; mix well.

Ladle batter into hot skillet, using 1/4 cup batter for each pancake. Cook until bubbles form on tops, then turn to brown other sides. Slice remaining banana; top pancakes with banana slices.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:3.53, Inflammation Score:-1, Nutrition Score:2.781739137095%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 62.75kcal (3.14%), Fat: 1.71g (2.63%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.25g (3.36%), Sugar: 3.29g (3.65%), Cholesterol: 1.89mg (0.63%), Sodium: 66.47mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Manganese: 0.22mg (10.91%), Calcium: 65.69mg (6.57%), Phosphorus: 55.54mg (5.55%), Fiber: 1.19g (4.75%), Magnesium: 17.08mg (4.27%), Vitamin B6: 0.07mg (3.62%), Potassium: 112.34mg (3.21%), Vitamin B2: 0.05mg (3.01%), Selenium: 2.03µg (2.9%), Vitamin B1: 0.04mg (2.5%), Copper: 0.05mg (2.33%), Iron: 0.38mg (2.13%), Vitamin B12: 0.12µg (2.07%), Zinc: 0.27mg (1.77%), Vitamin C:

1.24mg (1.5%), Folate: 5.98µg (1.49%), Vitamin B5: 0.14mg (1.44%), Vitamin D: 0.21µg (1.4%), Vitamin A: 59.05IU (1.18%)