



## Banana Buckwheat Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



9

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 cup buckwheat flour
- 3 tablespoons brown sugar packed
- 1.3 cups milk
- 1 cup banana ripe mashed (2 medium)
- 2 eggs
- 1 serving blueberries fresh sliced
- 1 serving maple syrup
- 2 cups frangelico

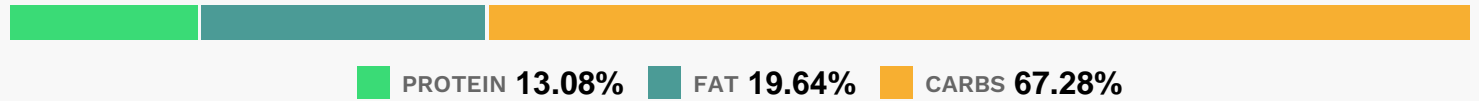
# Equipment

- bowl
- frying pan
- whisk

# Directions

- In medium bowl, stir Bisquick mix, flour, brown sugar, milk, mashed bananas and eggs with fork or whisk until blended.
- Heat griddle or skillet over medium heat (350°F). Grease griddle with vegetable oil if necessary or spray with cooking spray before heating. For each pancake, pour 1/4 cup batter onto hot griddle. Cook until bubbles form on top and edges are dry. Turn; cook other side until golden brown.
- Top pancakes with sliced bananas, blueberries and granola.
- Serve with syrup.

# Nutrition Facts



# Properties

Glycemic Index:18.81, Glycemic Load:3.79, Inflammation Score:-2, Nutrition Score:4.9408695334974%

# Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 102.06kcal (5.1%), Fat: 2.33g (3.58%), Saturated Fat: 1g (6.28%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 16.47g (5.99%), Sugar: 10.72g (11.91%), Cholesterol: 40.44mg (13.48%), Sodium: 29.15mg (1.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Manganese: 0.29mg (14.67%), Vitamin B2: 0.15mg (8.9%), Phosphorus: 81.85mg (8.19%), Vitamin B6: 0.15mg (7.37%), Magnesium: 28.29mg (7.07%), Selenium: 4.26µg (6.08%), Fiber: 1.49g (5.98%), Calcium: 57.45mg (5.75%), Potassium: 185.44mg (5.3%), Vitamin B12: 0.27µg (4.5%), Vitamin B1: 0.06mg (4.23%), Vitamin B5: 0.39mg (3.87%), Vitamin D: 0.57µg (3.79%), Vitamin C: 3.05mg (3.69%), Vitamin K: 3.85µg (3.67%), Zinc: 0.54mg (3.61%), Copper: 0.07mg (3.3%), Vitamin B3: 0.64mg (3.19%), Folate: 12.56µg (3.14%), Iron: 0.56mg (3.12%), Vitamin A: 127.25IU (2.54%), Vitamin E: 0.25mg (1.68%)