



Banana Buckwheat Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



9

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

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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 (350F). 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



PROTEIN 7.48% **FAT 10.42%** **CARBS 82.1%**

Properties

Glycemic Index:18.81, Glycemic Load:14.53, Inflammation Score:-6, Nutrition Score:11.511304409608%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 8.85mg, Catechin: 8.85mg, Catechin: 8.85mg, Catechin: 8.85mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 11.59mg, Quercetin: 11.59mg, Quercetin: 11.59mg, Quercetin: 11.59mg

11.59mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 225.04kcal (11.25%), Fat: 2.76g (4.25%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 44.37g (16.13%), Sugar: 34.48g (38.31%), Cholesterol: 40.44mg (13.48%), Sodium: 32.06mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Manganese: 1.14mg (57.21%), Vitamin K: 29.25µg (27.85%), Vitamin B2: 0.43mg (25.35%), Vitamin C: 15.81mg (19.16%), Fiber: 4.65g (18.61%), Vitamin B6: 0.22mg (10.79%), Magnesium: 39.91mg (9.98%), Phosphorus: 97.64mg (9.76%), Potassium: 326.74mg (9.34%), Calcium: 84.73mg (8.47%), Vitamin B1: 0.12mg (8.25%), Copper: 0.14mg (7.05%), Vitamin E: 1mg (6.67%), Selenium: 4.39µg (6.27%), Vitamin B3: 1.2mg (6.01%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.55mg (5.5%), Iron: 0.95mg (5.28%), Folate: 20.45µg (5.11%), Vitamin B12: 0.27µg (4.5%), Vitamin A: 198.29IU (3.97%), Vitamin D: 0.57µg (3.79%)