



Banana-Buttermilk Pancakes

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup banana very ripe mashed (1)
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup buttermilk low-fat
- ☐ 0.5 cup maple syrup
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon stick margarine melted

☐ 1 tablespoon sugar

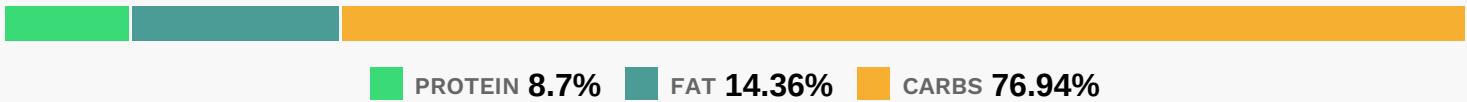
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients in a bowl.
- ☐ Combine egg, buttermilk, and butter; add to dry ingredients, stirring until smooth. Stir in banana.
- ☐ Spoon 1/4 cup batter for each pancake onto a hot griddle or skillet coated with cooking spray. Turn pancakes when tops are bubbly and edges look cooked.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:60.34, Glycemic Load:32.01, Inflammation Score:-4, Nutrition Score:12.1799999961801%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 324.99kcal (16.25%), Fat: 5.21g (8.01%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 62.75g (20.92%), Net Carbohydrates: 61.19g (22.25%), Sugar: 33.17g (36.85%), Cholesterol: 48.9mg (16.3%), Sodium: 355.42mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Manganese: 1.23mg (61.66%), Vitamin B2: 0.84mg (49.14%), Selenium: 15.9µg (22.72%), Vitamin B1: 0.31mg (20.36%), Folate: 71.11µg (17.78%), Calcium: 128.85mg (12.88%), Phosphorus: 118.33mg (11.83%), Vitamin B3: 2.09mg (10.45%), Iron: 1.82mg (10.11%), Potassium:

323.52mg (9.24%), Magnesium: 30.37mg (7.59%), Vitamin B6: 0.15mg (7.38%), Zinc: 0.95mg (6.36%), Fiber: 1.56g (6.24%), Vitamin B5: 0.58mg (5.81%), Vitamin A: 244.3IU (4.89%), Vitamin B12: 0.25µg (4.12%), Copper: 0.08mg (4.04%), Vitamin C: 2.79mg (3.38%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.25µg (1.67%)