



Banana-Chocolate-Pecan Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



385 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 banana ripe
- 1 cup milk
- 2 eggs
- 0.5 cup bittersweet chocolate
- 0.5 cup pecans chopped
- 1 serving maple syrup
- 1 serving banana sliced
- 1 serving pecans chopped

2 cups frangelico

Equipment

bowl

frying pan

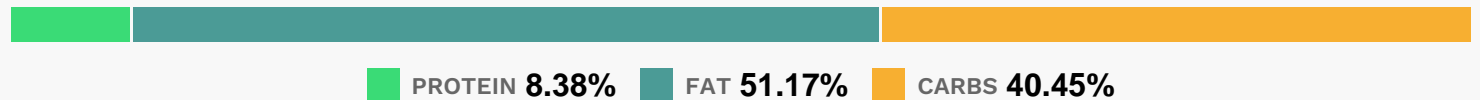
Directions

In small bowl, mash 2 bananas with fork. In medium bowl, stir together Bisquick mix, milk and eggs. Stir in mashed bananas just until combined. Stir in chocolate chunks and 1/2 cup pecans.

Spray griddle with cooking spray; heat over medium heat. For each pancake, pour 1/4 cup batter onto griddle. Cook until bubbles form on top and edges are dry. Turn; cook other side until golden brown.

Serve pancakes topped with syrup, sliced bananas and additional pecans.

Nutrition Facts



Properties

Glycemic Index:51.01, Glycemic Load:12.39, Inflammation Score:-5, Nutrition Score:15.04434784599%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Catechin: 6.53mg, Catechin: 6.53mg, Catechin: 6.53mg, Catechin: 6.53mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 384.64kcal (19.23%), Fat: 22.71g (34.94%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 40.41g (13.47%), Net Carbohydrates: 34.97g (12.72%), Sugar: 25.63g (28.48%), Cholesterol: 90.47mg (30.16%), Sodium: 57.96mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.81mg (6.27%), Protein: 8.37g (16.74%), Manganese:

1.28mg (64.11%), Copper: 0.53mg (26.33%), Magnesium: 90.73mg (22.68%), Vitamin B6: 0.44mg (22.17%), Phosphorus: 220.39mg (22.04%), Fiber: 5.43g (21.74%), Vitamin B2: 0.34mg (20.18%), Potassium: 638.02mg (18.23%), Selenium: 11.18µg (15.98%), Iron: 2.36mg (13.11%), Zinc: 1.91mg (12.75%), Calcium: 120.6mg (12.06%), Vitamin B1: 0.17mg (11.53%), Vitamin B5: 1.05mg (10.52%), Vitamin C: 8.03mg (9.73%), Vitamin B12: 0.56µg (9.41%), Folate: 31.49µg (7.87%), Vitamin D: 1.11µg (7.41%), Vitamin A: 294.25IU (5.88%), Vitamin B3: 1.03mg (5.16%), Vitamin E: 0.68mg (4.5%), Vitamin K: 2.76µg (2.63%)