



Banana-Chocolate-Pecan Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



514 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

2 cups frangelico

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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



PROTEIN 7.03% **FAT 39.38%** **CARBS 53.59%**

Properties

Glycemic Index:51.01, Glycemic Load:26.53, Inflammation Score:-6, Nutrition Score:20.81086978705%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Catechin: 12.34mg, Catechin: 12.34mg, Catechin: 12.34mg, Catechin: 12.34mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 514.42kcal (25.72%), Fat: 23.57g (36.25%), Saturated Fat: 7.75g (48.46%), Carbohydrates: 72.16g (24.05%), Net Carbohydrates: 64.2g (23.35%), Sugar: 46.18g (51.31%), Cholesterol: 90.47mg (30.16%), Sodium:

60.26mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.81mg (6.27%), Protein: 9.47g (18.94%), Manganese: 1.92mg (95.8%), Vitamin B6: 0.79mg (39.59%), Vitamin B2: 0.6mg (35.5%), Fiber: 7.96g (31.86%), Copper: 0.61mg (30.46%), Magnesium: 120.31mg (30.08%), Potassium: 1013.15mg (28.95%), Phosphorus: 243.26mg (24.33%), Vitamin C: 16.26mg (19.7%), Selenium: 12.16µg (17.37%), Iron: 2.64mg (14.67%), Zinc: 2.19mg (14.62%), Vitamin B1: 0.22mg (14.47%), Calcium: 142.2mg (14.22%), Vitamin B5: 1.37mg (13.75%), Folate: 50.56µg (12.64%), Vitamin B12: 0.56µg (9.41%), Vitamin B3: 1.68mg (8.41%), Vitamin D: 1.11µg (7.41%), Vitamin A: 355.15IU (7.1%), Vitamin E: 0.78mg (5.2%), Vitamin K: 3.26µg (3.11%)