



Banana-Macadamia Nut Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



11

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup banana ripe chopped 2 small
- ☐ 1 tablespoon butter softened
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 3 tablespoons brown sugar light
- ☐ 1 cup buttermilk low-fat

- ☐ 0.3 cup macadamia nuts toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

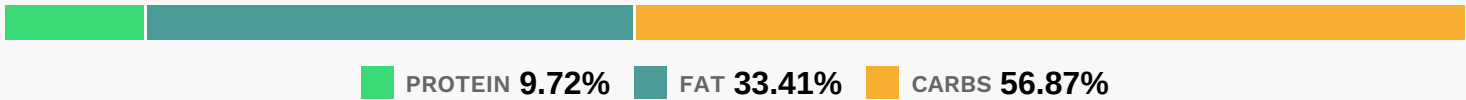
Equipment

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

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients in a large bowl; stir with a whisk.
- ☐ Combine banana and next 5 ingredients in a medium bowl; stir with a whisk until smooth.
- ☐ Add buttermilk mixture to flour mixture; stir just until combined. Stir in macadamia nuts.
- ☐ Pour about 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Cook 1 to 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over, and cook 1 to 2 minutes or until bottoms are lightly browned.

Nutrition Facts



Properties

Glycemic Index:25.62, Glycemic Load:9.51, Inflammation Score:-2, Nutrition Score:4.7265216876631%

Flavonoids

Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 131.12kcal (6.56%), Fat: 4.96g (7.63%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 17.91g (6.51%), Sugar: 6.17g (6.86%), Cholesterol: 20.52mg (6.84%), Sodium: 261.77mg (11.38%), Alcohol: 0.13g (100%), Alcohol %: 0.25% (100%), Protein: 3.25g (6.49%), Manganese: 0.31mg (15.32%), Vitamin B1: 0.17mg (11.57%), Selenium: 6.98µg (9.98%), Vitamin B2: 0.14mg (8.34%), Folate: 32.47µg (8.12%), Calcium: 69.3mg (6.93%), Phosphorus: 66.8mg (6.68%), Iron: 1.02mg (5.67%), Vitamin B3: 1.05mg (5.26%), Fiber: 1.09g (4.35%), Vitamin B6: 0.08mg (4.2%), Magnesium: 15.54mg (3.89%), Potassium: 123.51mg (3.53%), Copper: 0.07mg (3.47%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.33mg (2.17%), Vitamin C: 1.45mg (1.76%), Vitamin A: 75.33IU (1.51%), Vitamin B12: 0.09µg (1.51%)