



Banana Nutella and Oatmeal Pancakes



Vegetarian



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 1 large banana mashed
- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 1 tablespoon extra virgin coconut oil
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 cup nutella
- ☐ 0.3 cup oats quick
- ☐ 0.5 teaspoon vanilla extract pure

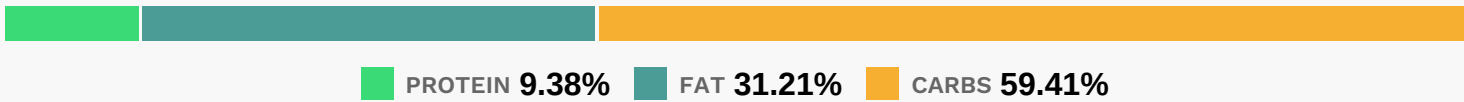
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl add the flour, oats, baking soda, salt, sugar, banana, buttermilk, coconut oil, egg and vanilla, stirring until well combined. Gently stir in Nutella, only swirling. Do not fully mix in.Spoon batter into a hot non stick skillet over medium heat. With spoon, form the batter into a round pancake working quickly.
- ☐ Let cook for about 1 minute, until batter starts to bubble and set up. Flip and cook for an additional minute, until golden brown.
- ☐ Transfer to a plate and continue cooking remaining pancakes.
- ☐ Serve pancakes with syrup and fruit.

Nutrition Facts



Properties

Glycemic Index:40.65, Glycemic Load:15.59, Inflammation Score:-2, Nutrition Score:6.226956507434%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 187.21kcal (9.36%), Fat: 6.51g (10.02%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 26.3g (9.56%), Sugar: 11.73g (13.03%), Cholesterol: 26.55mg (8.85%), Sodium: 254.34mg (11.06%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.4g (8.81%), Manganese: 0.35mg (17.33%), Selenium: 9.71µg (13.88%), Vitamin B2: 0.19mg (11.15%), Vitamin B1: 0.17mg (11.08%), Folate: 38.55µg (9.64%), Phosphorus:

84.36mg (8.44%), Iron: 1.43mg (7.93%), Fiber: 1.61g (6.43%), Magnesium: 24.65mg (6.16%), Vitamin B3: 1.13mg (5.65%), Vitamin E: 0.85mg (5.65%), Calcium: 52.63mg (5.26%), Copper: 0.1mg (5.08%), Vitamin B6: 0.1mg (5.05%), Potassium: 174.39mg (4.98%), Vitamin B5: 0.39mg (3.87%), Vitamin B12: 0.22µg (3.65%), Vitamin D: 0.51µg (3.43%), Zinc: 0.51mg (3.4%), Vitamin A: 94.41IU (1.89%), Vitamin C: 1.48mg (1.79%), Vitamin K: 1.55µg (1.48%)