



Banana Pancakes

READY IN



45 min.

SERVINGS



12

CALORIES



80 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup banana chopped (2 bananas)
- ☐ 2 to 4 heavy metal cookie cutters
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.1 cups milk for thinner batter (use more)
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar

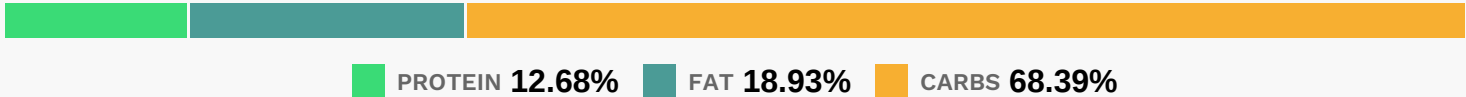
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cookie cutter
- ☐ tongs

Directions

- ☐ Combine flour and next 3 ingredients in a bowl; whisk in 1 1/8 cups milk and egg, whisking until mixture is blended. Stir in banana.
- ☐ Grease heavy metal cookie cutters lightly, and place on hot (375), lightly greased griddle.
- ☐ Pour pancake batter (approximately 2 tablespoons) into each cutter. Using tongs, remove cutters after 1 minute (cutters will be hot); cook pancakes 2 more minutes. Turn pancakes over, and cook 2 to 3 more minutes or until done.

Nutrition Facts



Properties

Glycemic Index:32.82, Glycemic Load:8.92, Inflammation Score:-1, Nutrition Score:3.6243478616943%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg 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: 80.39kcal (4.02%), Fat: 1.71g (2.63%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 13.27g (4.83%), Sugar: 3.69g (4.1%), Cholesterol: 18.25mg (6.08%), Sodium: 320.62mg (13.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Calcium: 91.76mg (9.18%), Selenium: 5.48µg (7.83%), Vitamin B1: 0.11mg (7.07%), Vitamin B2: 0.12mg (6.86%), Phosphorus: 68.36mg (6.84%), Folate: 24.87µg (6.22%), Manganese: 0.11mg (5.73%), Iron: 0.75mg (4.17%), Vitamin B3: 0.78mg (3.9%), Vitamin B6: 0.07mg (3.63%), Potassium: 97.68mg (2.79%), Vitamin B12: 0.16µg (2.68%), Fiber: 0.63g (2.52%), Vitamin B5: 0.24mg (2.42%),

Magnesium: 9.42mg (2.35%), Vitamin D: 0.34µg (2.23%), Zinc: 0.25mg (1.65%), Copper: 0.03mg (1.49%), Vitamin A: 68.99IU (1.38%), Vitamin C: 1.09mg (1.32%)