



Banana Pancakes II

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons double-acting baking powder
- 2 small bananas ripe finely chopped
- 1.5 cups buttermilk
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 2 tablespoons sugar white
- 0.7 cup flour whole wheat

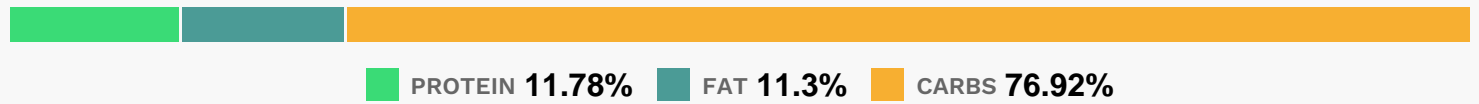
Equipment

- bowl
- frying pan

Directions

- In a large bowl, mix all-purpose flour, whole wheat flour, salt, baking powder and sugar. Stir in buttermilk and bananas just until moistened.
- Heat a lightly oiled griddle or frying pan over medium high heat.
- Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Nutrition Facts



Properties

Glycemic Index:53.81, Glycemic Load:19.35, Inflammation Score:-4, Nutrition Score:10.386521738508%

Flavonoids

Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 204.61kcal (10.23%), Fat: 2.65g (4.07%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 40.54g (13.51%), Net Carbohydrates: 37.68g (13.7%), Sugar: 11.14g (12.38%), Cholesterol: 6.6mg (2.2%), Sodium: 337.62mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Manganese: 0.78mg (38.91%), Selenium: 17.89µg (25.55%), Vitamin B1: 0.27mg (17.94%), Calcium: 176.38mg (17.64%), Phosphorus: 165.02mg (16.5%), Vitamin B2: 0.25mg (14.91%), Folate: 53.72µg (13.43%), Fiber: 2.87g (11.47%), Vitamin B3: 2.17mg (10.84%), Vitamin B6: 0.21mg (10.43%), Iron: 1.74mg (9.66%), Magnesium: 38.39mg (9.6%), Potassium: 272.65mg (7.79%), Copper: 0.13mg (6.32%), Vitamin D: 0.78µg (5.2%), Zinc: 0.77mg (5.15%), Vitamin B5: 0.51mg (5.12%), Vitamin B12: 0.28µg (4.6%), Vitamin C: 2.93mg (3.55%), Vitamin A: 121.75IU (2.43%), Vitamin E: 0.18mg (1.22%)