



Banana Pancakes the Easy Way

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons double-acting baking powder
- 1 banana ripe sliced
- 2 large bananas ripe mashed
- 3 large eggs
- 1 cup flour all-purpose sifted
- 0.8 cup maple syrup warmed to taste
- 0.5 cup milk
- 2 tablespoons vegetable oil

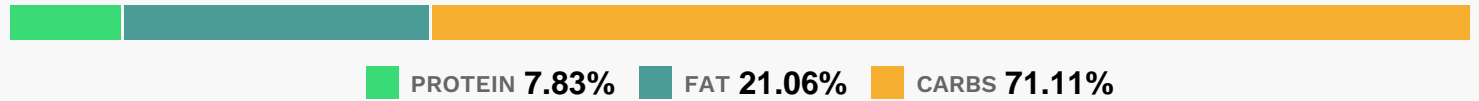
Equipment

- frying pan
- ladle
- mixing bowl

Directions

- Preheat a griddle to medium heat.
- Beat eggs in a mixing bowl until frothy, about 2 minutes.
- Add flour, milk, baking powder, and vegetable oil to the eggs and mix to make a batter. Stir mashed bananas into the batter.
- Ladle batter in 1/4 cup portions onto hot griddle. Cook until tiny air bubbles form on top, 2 to 5 minutes; turn and continue cooking until the bottoms are browned, 2 to 3 minutes. Repeat with remaining batter. Keep finished pancakes warm. Top pancakes with banana slices and maple syrup to serve.

Nutrition Facts



Properties

Glycemic Index:58.51, Glycemic Load:30.47, Inflammation Score:-4, Nutrition Score:15.295652202938%

Flavonoids

Catechin: 3.96mg, Catechin: 3.96mg, Catechin: 3.96mg, Catechin: 3.96mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 333.56kcal (16.68%), Fat: 7.98g (12.28%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 60.63g (20.21%), Net Carbohydrates: 58.37g (21.22%), Sugar: 33.17g (36.86%), Cholesterol: 95.44mg (31.81%), Sodium: 683.92mg (29.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Manganese: 1.25mg (62.59%), Vitamin B2: 0.8mg (47.29%), Calcium: 441.82mg (44.18%), Phosphorus: 238.3mg (23.83%), Selenium: 15.79µg (22.55%), Folate: 62.88µg (15.72%), Vitamin B1: 0.23mg (15.44%), Vitamin B6: 0.3mg (15.13%), Iron: 2.28mg (12.66%), Potassium: 411.75mg (11.76%), Magnesium: 37.65mg (9.41%), Fiber: 2.26g (9.06%), Vitamin B3: 1.74mg (8.67%),

Vitamin K: 8.86µg (8.44%), Vitamin B5: 0.77mg (7.67%), Vitamin C: 5.66mg (6.85%), Zinc: 0.93mg (6.21%), Vitamin B12: 0.33µg (5.54%), Copper: 0.1mg (4.98%), Vitamin D: 0.72µg (4.82%), Vitamin E: 0.72mg (4.81%), Vitamin A: 209.54IU (4.19%)