



Banana pancakes with crispy bacon & syrup

READY IN



40 min.

SERVINGS



4

CALORIES



540 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 bacon smoked (or pancetta strips)
- ☐ 140 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 2 tbsp brown sugar light soft
- ☐ 2 banana ripe mashed thinly sliced
- ☐ 2 large eggs
- ☐ 25 g butter melted plus a little extra
- ☐ 125 ml milk
- ☐ 4 servings maple syrup

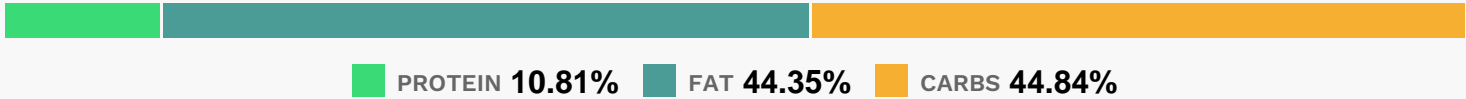
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat the grill to high. Arrange the bacon on a baking tray lined with foil. Cook for 5–7 mins until crisp, then turn off the grill but leave the tray inside to keep warm. In a bowl, mix the flour, baking powder and sugar with a pinch of salt. Make a well in the centre and add the mashed banana, eggs, butter and milk.
- ☐ Whisk to a smooth batter without any flour lumps.
- ☐ Heat a little butter in a large frying pan. Once sizzling, ladle in small dollops of the pancake batter, leaving a little space between each, as they will spread out. Put 2 or 3 slices of banana onto the surface of each pancake and cook for 2 mins over a medium heat. When you see bubbles appear between the banana slices, flip the pancakes over and cook for 1 min more, until puffed up and golden.
- ☐ Transfer to a plate and keep warm with the bacon while you cook the rest.
- ☐ Serve the pancakes with the crispy bacon and a drizzle of maple syrup.

Nutrition Facts



Properties

Glycemic Index:84.57, Glycemic Load:28.76, Inflammation Score:-4, Nutrition Score:14.026956534904%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 539.65kcal (26.98%), Fat: 26.72g (41.1%), Saturated Fat: 10.6g (66.23%), Carbohydrates: 60.77g (20.26%), Net Carbohydrates: 58.39g (21.23%), Sugar: 26.76g (29.73%), Cholesterol: 139.35mg (46.45%), Sodium: 505.88mg (21.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.31%), Manganese: 0.91mg (45.68%), Selenium: 31.75µg (45.36%), Vitamin B2: 0.51mg (30.27%), Phosphorus: 219.28mg (21.93%), Vitamin B6: 0.41mg (20.57%), Calcium: 159.9mg (15.99%), Vitamin B1: 0.21mg (13.95%), Potassium: 470.89mg (13.45%), Vitamin B3: 2.59mg (12.95%), Vitamin B5: 1.11mg (11.13%), Magnesium: 42mg (10.5%), Vitamin B12: 0.63µg (10.45%), Zinc: 1.51mg (10.05%), Fiber: 2.38g (9.51%), Folate: 35.35µg (8.84%), Vitamin A: 398.14IU (7.96%), Copper: 0.15mg (7.47%), Iron: 1.28mg (7.1%), Vitamin D: 1.03µg (6.87%), Vitamin C: 5.13mg (6.22%), Vitamin E: 0.81mg (5.41%)