



Banana Pancakes with Peanut Butter and Jelly Syrup

READY IN



45 min.

SERVINGS



12

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup banana mashed
- ☐ 2 cups biscuit mix
- ☐ 3 tablespoons butter
- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup maple syrup
- ☐ 0.3 cup peanut butter spread reduced-fat

☐ 12 servings strawberry syrup

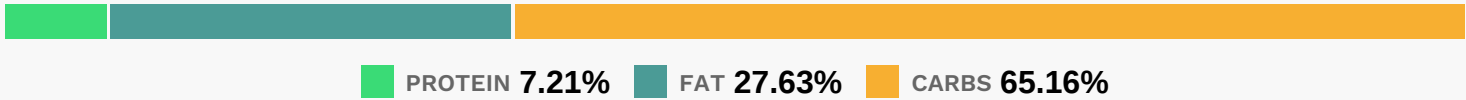
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients in a large bowl just until dry ingredients are moistened.
- ☐ Melt 1 tablespoon butter on a hot griddle; pour about 1/4 cup batter for each pancake onto griddle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn and cook other side of pancakes. Repeat procedure with remaining butter and pancake batter.
- ☐ Whisk together maple syrup and peanut butter until smooth.
- ☐ Serve pancakes with peanut butter mixture and strawberry syrup.
- ☐ NOTE: For smaller pancakes, pour 1 tablespoon batter onto hot griddle. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:7.33, Inflammation Score:-3, Nutrition Score:8.1160868665446%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 289.28kcal (14.46%), Fat: 9.24g (14.22%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 49.04g (16.35%), Net Carbohydrates: 47.81g (17.39%), Sugar: 30.68g (34.09%), Cholesterol: 33.6mg (11.2%), Sodium: 366.98mg (15.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Manganese: 0.68mg (33.92%), Vitamin B2: 0.43mg (25.51%), Phosphorus: 175.32mg (17.53%), Vitamin B1: 0.16mg (10.78%), Calcium: 104.11mg (10.41%), Vitamin B3: 1.86mg (9.3%), Folate: 36.93µg (9.23%), Selenium: 5.39µg (7.7%), Magnesium: 26.58mg (6.65%), Potassium: 221.29mg (6.32%), Vitamin B6: 0.12mg (6.12%), Vitamin B5: 0.5mg (5.04%), Vitamin E: 0.74mg

(4.95%), Fiber: 1.23g (4.93%), Iron: 0.89mg (4.92%), Copper: 0.09mg (4.39%), Vitamin A: 216.24IU (4.32%), Zinc: 0.62mg (4.16%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.43µg (2.84%), Vitamin C: 1.7mg (2.06%), Vitamin K: 1.54µg (1.46%)