



Banana Pancakes with Pineapple and Crème Fraîche

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



467 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 banana thick ripe peeled sliced
- ☐ 1 cup crème fraîche
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 optional: lemon seeds removed thinly sliced
- ☐ 3 cups pineapple finely chopped (from 1 medium pineapple)

- ☐ 1 tablespoon sugar
- ☐ 12 tablespoons butter unsalted melted ()
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Bring lemon, pineapple, sugar, and 1/2 cup water to a boil in a medium saucepan. Reduce heat and simmer until pineapple and lemon are soft, 35–45 minutes.
- ☐ Let cool completely.
- ☐ Whisk crème fraîche and sugar in a medium bowl until thickened, about 2 minutes.
- ☐ Preheat oven to 200°F.
- ☐ Whisk flour, salt, eggs, milk, 4 Tbsp. butter, and 1 cup water in a medium bowl.
- ☐ Heat 1/2 tablespoons butter in a medium nonstick skillet over medium–high heat and swirl to coat pan.
- ☐ Pour 1/4 cup batter into pan and place 5–6 banana slices on top. Cook pancake until bottom is golden brown and top looks almost dry, about 2 minutes. Flip and cook until pancake is just set and bananas are golden brown, 1 minute longer.
- ☐ Transfer to a baking sheet; cover loosely with foil and place in oven to keep warm. Repeat with remaining butter, batter, and banana slices, transferring to oven as you work.
- ☐ Serve pancakes with pineapple marmalade and whipped crème fraîche.
- ☐ DO AHEAD: Marmalade can be made 2 weeks ahead. Cover and chill.

Nutrition Facts



 **PROTEIN 7.29%**  **FAT 49.48%**  **CARBS 43.23%**

Properties

Glycemic Index:40.25, Glycemic Load:30.27, Inflammation Score:-7, Nutrition Score:16.16913050154%

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 Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 466.9kcal (23.35%), Fat: 26.35g (40.54%), Saturated Fat: 15.34g (95.87%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 48.38g (17.59%), Sugar: 19.02g (21.13%), Cholesterol: 115.93mg (38.64%), Sodium: 344.82mg (14.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.47%), Manganese: 0.96mg (47.94%), Vitamin C: 38.55mg (46.72%), Selenium: 17.55µg (25.08%), Vitamin B2: 0.42mg (24.45%), Vitamin B1: 0.36mg (24.08%), Folate: 89.1µg (22.27%), Vitamin A: 945.35IU (18.91%), Vitamin B6: 0.38mg (18.79%), Phosphorus: 166.01mg (16.6%), Fiber: 3.43g (13.73%), Potassium: 471.23mg (13.46%), Calcium: 133.74mg (13.37%), Vitamin B3: 2.66mg (13.31%), Iron: 2.07mg (11.5%), Magnesium: 42.89mg (10.72%), Vitamin B5: 1.02mg (10.17%), Copper: 0.18mg (9%), Vitamin B12: 0.54µg (8.95%), Vitamin D: 1.24µg (8.24%), Zinc: 0.91mg (6.08%), Vitamin E: 0.86mg (5.72%), Vitamin K: 2.94µg (2.8%)