



Banana-Pecan Pancakes

 Vegetarian

READY IN



50 min.

SERVINGS



27

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups buttermilk
- ☐ 2 cups banana very ripe mashed (4 medium)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup vegetable oil
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda

- ☐ 0.5 teaspoon salt
- ☐ 1 cup pecans toasted chopped
- ☐ 3 medium banana sliced
- ☐ 1 quart strawberries cut in half (3 cups)
- ☐ 1 serving maple syrup
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 1 serving nutmeg

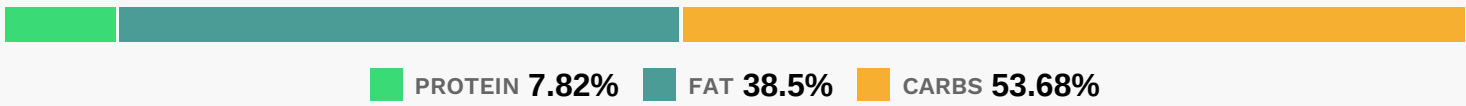
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Beat eggs in medium bowl with hand beater until fluffy. Beat in flour, buttermilk, mashed bananas, sugar, oil, baking powder, baking soda and salt just until smooth. Stir in pecans. (For thinner pancakes, stir in additional 1 to 2 tablespoons milk.)
- ☐ Heat griddle to 375°F or heat skillet over medium heat. Grease griddle with butter if necessary. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.)
- ☐ For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown.
- ☐ Serve pancakes with sliced bananas and strawberry halves.
- ☐ Drizzle with syrup. Top with whipped cream; sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:9.16, Inflammation Score:-3, Nutrition Score:6.6778260832248%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Pelargonidin: 8.71mg, Pelargonidin: 8.71mg, Pelargonidin: 8.71mg, Pelargonidin: 8.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 138.76kcal (6.94%), Fat: 6.18g (9.5%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 17.39g (6.32%), Sugar: 8.19g (9.1%), Cholesterol: 14.25mg (4.75%), Sodium: 139.74mg (6.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin C: 22.76mg (27.59%), Manganese: 0.47mg (23.39%), Folate: 33.59µg (8.4%), Vitamin B1: 0.13mg (8.38%), Fiber: 1.98g (7.94%), Vitamin B2: 0.13mg (7.73%), Selenium: 5.36µg (7.66%), Vitamin B6: 0.13mg (6.55%), Phosphorus: 63.42mg (6.34%), Potassium: 200.33mg (5.72%), Calcium: 53.6mg (5.36%), Copper: 0.11mg (5.3%), Magnesium: 20.77mg (5.19%), Iron: 0.85mg (4.73%), Vitamin K: 4.84µg (4.61%), Vitamin B3: 0.91mg (4.56%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.45mg (3.01%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.3µg (1.98%), Vitamin B12: 0.11µg (1.86%), Vitamin A: 70.5IU (1.41%)