



Banana, Raisin, and Oatmeal Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 banana ripe mashed
- ☐ 12 servings butter melted
- ☐ 2 large eggs
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1 cup oats
- ☐ 0.8 cup yogurt plain
- ☐ 1 cup raisins
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup milk whole

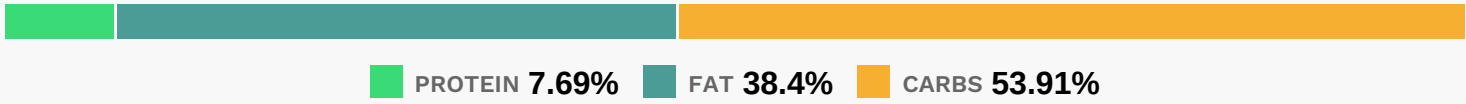
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk first 6 ingredients in medium bowl.
- ☐ Whisk yogurt, milk, eggs, and vanilla in another medium bowl to blend.
- ☐ Whisk dry ingredients into yogurt mixture just until blended. Fold in mashed bananas, raisins, and 1/4 cup melted butter.
- ☐ Brush nonstick griddle or skillet with melted butter; heat over medium heat. Working in batches, pour batter by 1/3 cupfuls onto griddle. Cook pancakes until bubbles form on top and bottoms are golden brown, about 2 minutes. Turn pancakes over and cook until bottoms are golden brown, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:36.05, Glycemic Load:15.11, Inflammation Score:-4, Nutrition Score:6.9230433650639%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg 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: 235.22kcal (11.76%), Fat: 10.34g (15.91%), Saturated Fat: 6g (37.5%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 30.35g (11.04%), Sugar: 8.45g (9.38%), Cholesterol: 55.74mg (18.58%), Sodium: 161.44mg (7.02%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 4.66g (9.32%), Manganese: 0.42mg (20.8%), Selenium: 9.09µg (12.99%), Phosphorus: 112.3mg (11.23%), Vitamin B2: 0.18mg (10.74%), Vitamin B1: 0.15mg (9.95%), Fiber: 2.32g (9.28%), Calcium: 87.35mg (8.73%), Potassium: 272.77mg (7.79%), Folate: 30.85µg (7.71%), Iron: 1.38mg (7.67%), Vitamin B6: 0.14mg (6.84%), Vitamin A: 340.71IU (6.81%), Magnesium: 26.01mg (6.5%), Copper: 0.1mg (5.2%), Vitamin B3: 1mg (5%), Vitamin B5: 0.45mg (4.54%), Zinc: 0.64mg (4.28%), Vitamin B12: 0.23µg (3.83%), Vitamin C: 2.44mg (2.96%), Vitamin D: 0.42µg (2.8%), Vitamin E: 0.39mg (2.57%), Vitamin K: 1.06µg (1.01%)