



Banana Sour Cream Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 2 bananas diced ripe for serving
- 2 extra large eggs
- 1.5 cups flour
- 1.5 teaspoons kosher salt
- 1 teaspoon lemon zest grated
- 12 servings maple syrup pure
- 0.8 cup milk

- 0.5 cup cup heavy whipping cream sour
- 3 tablespoons sugar
- 12 servings butter unsalted
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- paper towels
- ladle
- whisk

Directions

- Sift together the flour, sugar, baking powder, and salt. In a separate bowl, whisk together the sour cream, milk, eggs, vanilla, and lemon zest.
- Add the wet ingredients to the dry ones, mixing only until combined.
- Melt 1 tablespoon of butter in a large skillet over medium-low heat until it bubbles. Ladle the pancake batter into the pan to make 3 or 4 pancakes. Distribute a rounded tablespoon of bananas on each pancake. Cook for 2 to 3 minutes, until bubbles appear on top and the underside is nicely browned. Flip the pancakes and then cook for another minute until browned. Wipe out the pan with a paper towel, add more butter to the pan, and continue cooking pancakes until all the batter is used.
- Serve with sliced bananas, butter and maple syrup.

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:18.25, Inflammation Score:-3, Nutrition Score:7.0956522200419%

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: 218.64kcal (10.93%), Fat: 7.52g (11.57%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 33.4g (12.15%), Sugar: 18.57g (20.63%), Cholesterol: 52.95mg (17.65%), Sodium: 386.3mg (16.8%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 3.78g (7.57%), Manganese: 0.63mg (31.29%), Vitamin B2: 0.43mg (25.18%), Selenium: 9.07µg (12.96%), Vitamin B1: 0.16mg (10.44%), Calcium: 99.63mg (9.96%), Folate: 37.66µg (9.42%), Phosphorus: 78.21mg (7.82%), Iron: 1.05mg (5.82%), Vitamin B3: 1.11mg (5.53%), Vitamin A: 272.43IU (5.45%), Vitamin B6: 0.11mg (5.43%), Potassium: 182.07mg (5.2%), Magnesium: 17.21mg (4.3%), Fiber: 0.95g (3.81%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.5mg (3.33%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.43µg (2.86%), Vitamin C: 2.01mg (2.44%), Copper: 0.05mg (2.41%), Vitamin E: 0.29mg (1.92%)