



## Banana Split Pancakes

 Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 medium banana sliced
- 0.3 cup chocolate syrup
- 15 servings chocolate syrup
- 1 eggs
- 15 servings maraschino cherries
- 1.5 cups milk
- 15 servings peanuts chopped
- 0.3 cup semisweet chocolate chips miniature

- 2 cups strawberries sliced
- 15 servings non-dairy whipped topping
- 2 cups frangelico
- 2 cups frangelico

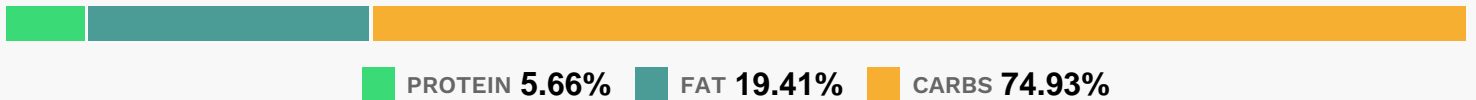
## Equipment

- bowl
- frying pan

## Directions

- Heat griddle or skillet; grease if necessary. Stir Bisquick mix, milk, 1/4 cup chocolate syrup and the egg in medium bowl until blended (batter will be thin). Stir in chocolate chips.
- Pour batter by a little less than 1/4 cupfuls onto hot griddle (because chocolate chips will sink, scoop batter from bottom of bowl for a more even distribution of chips).
- Cook until edges are dry. Turn; cook until golden brown.
- Serve with bananas, strawberries, additional chocolate syrup, whipped topping, peanuts and maraschino cherries.

## Nutrition Facts



## Properties

Glycemic Index:9.8, Glycemic Load:2.62, Inflammation Score:-3, Nutrition Score:6.3991304428681%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 219kcal (10.95%), Fat: 4.79g (7.37%), Saturated Fat: 2.54g (15.91%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 38.95g (14.17%), Sugar: 31.32g (34.8%), Cholesterol: 14.25mg (4.75%), Sodium: 50.37mg (2.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.22mg (2.41%), Protein: 3.14g (6.29%), Manganese: 0.39mg (19.35%), Copper: 0.34mg (16.82%), Vitamin C: 12.75mg (15.45%), Magnesium: 50.92mg (12.73%), Phosphorus: 117.6mg (11.76%), Fiber: 2.64g (10.55%), Iron: 1.52mg (8.43%), Potassium: 269.99mg (7.71%), Vitamin B2: 0.09mg (5.49%), Calcium: 52.03mg (5.2%), Vitamin B6: 0.1mg (4.79%), Zinc: 0.69mg (4.63%), Selenium: 2.86µg (4.09%), Folate: 12.57µg (3.14%), Vitamin B12: 0.18µg (2.94%), Vitamin B3: 0.56mg (2.8%), Vitamin B5: 0.25mg (2.55%), Vitamin B1: 0.04mg (2.51%), Vitamin D: 0.33µg (2.18%), Vitamin A: 75.95IU (1.52%), Vitamin K: 1.41µg (1.34%), Vitamin E: 0.18mg (1.2%)