



Banana Walnut Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour all-purpose
- 2 tablespoons brown sugar
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon cinnamon
- 1 eggs
- 1 cup milk
- 1 tablespoon vegetable oil
- 3 banana ripe mashed

0.3 cup walnuts toasted

Equipment

bowl

frying pan

Directions

In medium bowl, combine flour, sugar, baking powder and cinnamon.

Stir in egg, milk, oil, bananas and walnuts; until well combined (batter will be slightly lumpy).

Heat lightly oiled frying pan over medium heat.

Pour batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

Nutrition Facts

 **PROTEIN 9.71%**  **FAT 29.52%**  **CARBS 60.77%**

Properties

Glycemic Index:71.19, Glycemic Load:28.74, Inflammation Score:-5, Nutrition Score:14.069130379221%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 346.89kcal (17.34%), Fat: 11.77g (18.1%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 54.5g (18.17%), Net Carbohydrates: 50.79g (18.47%), Sugar: 19.87g (22.08%), Cholesterol: 48.24mg (16.08%), Sodium: 254.15mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.41%), Manganese: 0.73mg (36.66%), Selenium: 16.45µg (23.5%), Vitamin B1: 0.34mg (22.42%), Calcium: 221.22mg (22.12%), Folate: 87.29µg (21.82%), Vitamin B6: 0.44mg (21.82%), Vitamin B2: 0.36mg (21.44%), Phosphorus: 206.05mg (20.61%), Fiber: 3.71g (14.82%), Potassium: 498.11mg (14.23%), Iron: 2.36mg (13.11%), Magnesium: 52.12mg (13.03%), Vitamin B3: 2.6mg (12.98%), Copper: 0.24mg (12.11%), Vitamin C: 7.8mg (9.45%), Vitamin B5: 0.88mg (8.79%), Vitamin B12: 0.43µg (7.12%), Vitamin K: 7.24µg (6.9%), Zinc: 0.97mg (6.49%), Vitamin D: 0.89µg (5.94%), Vitamin A: 216.69IU (4.33%), Vitamin E: 0.59mg

(3.9%)