



WHATSheATE



Banana-Walnut Pancakes with Caramel Topping

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups complete seasoning (from 28.3-oz box)
- ☐ 1.3 cups water cold
- ☐ 0.5 cup banana ripe mashed
- ☐ 2 tablespoons walnut pieces chopped
- ☐ 1 banana firm ripe sliced
- ☐ 2 teaspoons walnut pieces chopped
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce fat-free

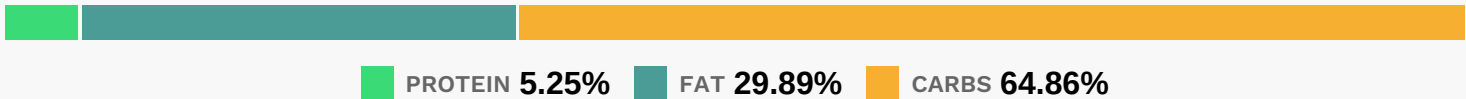
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat skillet or griddle over medium-high heat or to 375°F. Grease with vegetable oil or shortening.
- ☐ In medium bowl, stir pancake mix and water with fork or wire whisk until smooth (batter will be thin). Stir in mashed banana and 2 tablespoons walnuts.
- ☐ For each pancake, pour slightly less than 1/4 cup batter into hot greased skillet. Cook until bubbles break on surface and edges just begin to dry. Turn; cook about 1 minute or until bottoms are golden brown.
- ☐ Serve pancakes topped with sliced banana, 2 teaspoons walnuts and the caramel topping.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:5.42, Inflammation Score:-2, Nutrition Score:3.6673913429613%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 112.69kcal (5.63%), Fat: 4.07g (6.26%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 18.22g (6.62%), Sugar: 14.09g (15.66%), Cholesterol: 0mg (0%), Sodium: 10699.17mg (465.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Manganese: 0.34mg (17.11%), Vitamin B6: 0.21mg (10.46%), Copper: 0.15mg (7.28%), Fiber: 1.66g (6.63%), Magnesium: 24mg (6%), Potassium: 208.52mg (5.96%), Vitamin C: 4.35mg (5.27%), Folate: 15.81µg (3.95%), Phosphorus: 36.88mg (3.69%), Vitamin B2: 0.04mg (2.6%), Vitamin B1: 0.04mg (2.36%), Vitamin B5: 0.22mg (2.18%), Vitamin B3: 0.39mg (1.94%), Zinc: 0.27mg (1.77%),

Calcium: 17.58mg (1.76%), Iron: 0.3mg (1.67%), Selenium: 0.96µg (1.37%)