



Bananas Foster Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



7

CALORIES



478 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups pancake mix
- ☐ 1 cup milk
- ☐ 2 tablespoons vegetable oil
- ☐ 2 eggs
- ☐ 0.5 cup butter
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg

- ☐ 0.5 cup maple syrup
- ☐ 0.3 teaspoon rum extract
- ☐ 4 medium banana firm ripe cut into 1/2-inch slices
- ☐ 0.5 cup walnuts toasted chopped

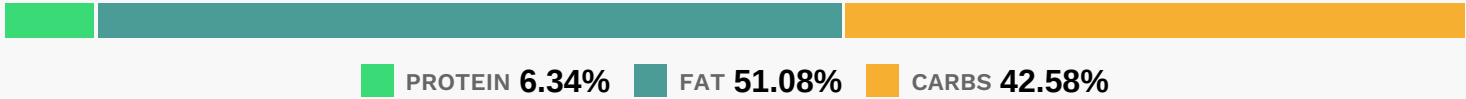
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ In medium bowl, stir Bisquick™ mix, milk and eggs until blended.
- ☐ Heat griddle or skillet over medium heat or to 375°F. Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, use slightly less than 1/4 cup batter. Cook until bubbles break on surface. Turn; cook until golden.
- ☐ Serve immediately, or place on cookie sheet in warm oven until ready to serve.
- ☐ In 10-inch nonstick skillet, mix butter, brown sugar, cinnamon, nutmeg, maple syrup and rum extract. Cook mixture over medium-high heat 2 to 3 minutes, stirring constantly with wooden spoon, until sugar dissolves and mixture is thick.
- ☐ Reduce heat to medium; add bananas, gently spooning sauce over each piece. Cook about 3 minutes or until bananas are glossy and coated with sauce.
- ☐ To serve, place 2 pancakes on each individual plate; spoon about 1/3 cup bananas and sauce over pancakes.
- ☐ Garnish with chopped nuts, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.18, Glycemic Load:13.87, Inflammation Score:-6, Nutrition Score:13.402173933776%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 477.82kcal (23.89%), Fat: 27.91g (42.93%), Saturated Fat: 11.34g (70.84%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 49.23g (17.9%), Sugar: 31.6g (35.12%), Cholesterol: 112.18mg (37.39%), Sodium: 328.06mg (14.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.57%), Manganese: 1.09mg (54.27%), Vitamin B2: 0.58mg (34.15%), Phosphorus: 224.55mg (22.46%), Vitamin B6: 0.38mg (18.9%), Calcium: 178.38mg (17.84%), Potassium: 488.76mg (13.96%), Selenium: 9.51µg (13.58%), Vitamin A: 667.73IU (13.35%), Magnesium: 51.35mg (12.84%), Fiber: 3.11g (12.44%), Vitamin B1: 0.16mg (10.99%), Copper: 0.22mg (10.86%), Folate: 41.58µg (10.4%), Vitamin K: 9.03µg (8.6%), Vitamin B5: 0.81mg (8.12%), Vitamin B12: 0.45µg (7.57%), Vitamin C: 6.21mg (7.52%), Zinc: 1.13mg (7.5%), Iron: 1.22mg (6.78%), Vitamin E: 0.97mg (6.48%), Vitamin B3: 1.08mg (5.41%), Vitamin D: 0.63µg (4.23%)