



Buckwheat Banana Pancakes

 Gluten Free

READY IN



30 min.

SERVINGS



1

CALORIES



454 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5 tablespoons vanilla almond milk (or milk)
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 medium banana sliced
- 0.3 cup buckwheat flour
- 0.5 teaspoon cinnamon
- 0.5 tablespoon flaxseeds
- 0.5 tablespoon maple syrup

- 0.5 tablespoon cooking oil
- 3 tablespoons yogurt plain (I used regular, not Greek, but Greek yogurt would probably work)
- 0.3 cup rolled oats
- 0.1 teaspoon salt
- 0.5 teaspoon vanilla

Equipment

- frying pan
- whisk

Directions

- Preheat a large skillet over medium heat for 3–5 minutes while you make the batter.
- Whisk together the flours, flax seed, baking powder, baking soda and salt.
- Add the yogurt, milk, maple syrup, vanilla and oil, if using.
- Mix until smooth (there is no gluten in this batter, so no worries about over-mixing and creating tough pancakes). Batter should be thick, but if you like thinner pancakes, add an additional tablespoon or two of milk. Fold in sliced bananas. Grease with a few drops of oil and spread around the pan.
- Add batter, cup at a time (batter should sizzle when it hits the pan). Cook for about 2 minutes on each side (the first pancakes will take the longest to cook) and serve warm, with lots of maple syrup, additional bananas, nuts, chocolate chips, etc.

Nutrition Facts



Properties

Glycemic Index:279.28, Glycemic Load:21.26, Inflammation Score:-7, Nutrition Score:21.905217391304%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Kaempferol: 0.13mg, Kaempferol: 0.13mg,

Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Taste

Sweetness: 100%, Saltiness: 4.07%, Sourness: 69.79%, Bitterness: 27.82%, Savoriness: 14.33%, Fattiness: 88.62%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 454.31kcal (22.72%), Fat: 14.61g (22.48%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 74.7g (24.9%), Net Carbohydrates: 64.46g (23.44%), Sugar: 24.59g (27.32%), Cholesterol: 7.8mg (2.6%), Sodium: 909.76mg (39.55%), Alcohol: 0.69g (3.82%), Protein: 11.16g (22.32%), Manganese: 2.2mg (110.01%), Magnesium: 165.42mg (41.36%), Fiber: 10.24g (40.96%), Phosphorus: 343.85mg (34.38%), Calcium: 342.93mg (34.29%), Vitamin B6: 0.67mg (33.64%), Vitamin B1: 0.36mg (24.09%), Potassium: 832.8mg (23.79%), Vitamin B2: 0.4mg (23.36%), Copper: 0.4mg (19.87%), Iron: 3.02mg (16.79%), Zinc: 2.51mg (16.76%), Selenium: 11.38µg (16.25%), Vitamin B3: 3.09mg (15.43%), Folate: 54.9µg (13.72%), Vitamin C: 10.63mg (12.89%), Vitamin E: 1.6mg (10.66%), Vitamin B5: 1.04mg (10.4%), Vitamin K: 8.73µg (8.32%), Vitamin B12: 0.22µg (3.7%), Vitamin A: 137.87IU (2.76%)