



Buttermilk Pancakes with Caramelized Bananas

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups flour
- ☐ 5.5 teaspoons double-acting baking powder
- ☐ 4 banana peeled cut into 1/4-inch-thick slices ()
- ☐ 2 cups buttermilk
- ☐ 2 large eggs
- ☐ 20 servings maple syrup
- ☐ 0.8 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 20 servings vegetable oil for frying

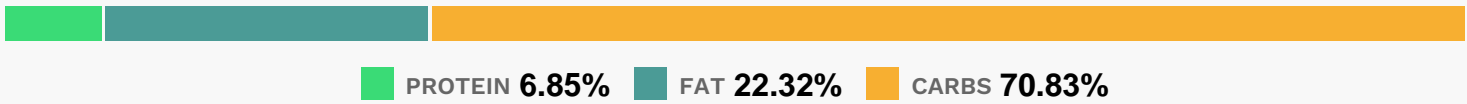
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 250°F.
- ☐ Whisk flour, sugar, baking powder, and salt in large bowl to blend.
- ☐ Whisk buttermilk, eggs, and butter in medium bowl to blend. Gradually whisk buttermilk mixture into flour mixture just until blended (do not overmix; some small lumps may remain).
- ☐ Heat griddle or 2 large nonstick skillets over medium heat.
- ☐ Brush griddle lightly with oil. Working in batches, pour batter by scant 1/4 cupfuls onto griddle. Top each pancake with 4 banana slices. Cook until bottoms brown and bubbles form, about 2 minutes. Turn pancakes over and cook until bottoms brown and banana slices caramelize, about 2 minutes.
- ☐ Transfer pancakes to baking sheet and place in oven while cooking remaining pancakes.
- ☐ Transfer pancakes to plates.
- ☐ Serve with warm maple syrup.

Nutrition Facts



Properties

Glycemic Index:17.97, Glycemic Load:15.49, Inflammation Score:-2, Nutrition Score:6.6434782536133%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 170.18kcal (8.51%), Fat: 4.27g (6.57%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 29.55g (10.75%), Sugar: 16.69g (18.54%), Cholesterol: 21.24mg (7.08%), Sodium: 238.4mg (10.37%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.95g (5.9%), Manganese: 0.61mg (30.58%), Vitamin B2: 0.4mg (23.37%), Calcium: 119.95mg (12%), Selenium: 6.9µg (9.86%), Vitamin B1: 0.13mg (8.79%), Folate: 31.15µg (7.79%), Phosphorus: 73.09mg (7.31%), Vitamin B6: 0.11mg (5.46%), Potassium: 182.41mg (5.21%), Vitamin K: 5.39µg (5.13%), Iron: 0.88mg (4.89%), Vitamin B3: 0.94mg (4.68%), Magnesium: 16.62mg (4.16%), Fiber: 0.95g (3.81%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.42mg (2.79%), Vitamin D: 0.41µg (2.75%), Vitamin B12: 0.15µg (2.58%), Vitamin C: 2.05mg (2.49%), Copper: 0.05mg (2.31%), Vitamin E: 0.33mg (2.2%), Vitamin A: 81.7IU (1.63%)